

INSIDE  
**FITNESS**

# WOMEN'S TRAINING GUIDE

## 4 Weeks To Fit!

PROGRAMS YOU NEED  
TO SUCCEED

BE AN  
**IRON  
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LIKE A  
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A full-page photograph of a woman with long, dark, curly hair, captured in a dynamic pose as if performing a high kick or a martial arts move. She is wearing a dark blue sports bra with a mesh pattern and the word "PLAYICE" on it, and dark blue athletic shorts with "under armour" written on the waistband. Her right leg is extended upwards and to the right, while her left arm is extended forward. Her expression is focused. The background is a gym setting with a red and grey wall and some equipment visible.

# THE BIG PICTURE

***“Anything  
worth having  
is worth  
fighting for.”***

— Susan Elizabeth Phillips,  
Heaven, Texas





PHOTO OF **LEAH WARD** BY **JAMES PATRICK**



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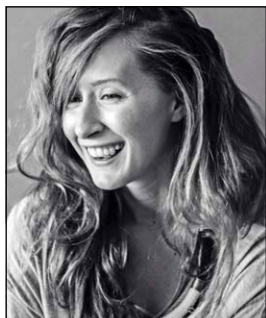


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**Laura Wright**

Food Expert, "Bon Appetit" pg. 36

## What Started It All

Laura is the cook behind *The First Mess*, a wholesome food blog she created after encouragement from a friend. "I had learned a lot working in restaurants and from culinary school," Laura explains, "so she trusted my advice on how to prepare healthier foods and seasonal produce items."

## Foodie Favourite

Though she does make it all (check out the recipes on page 36), Laura is partial to one specific meal. "I love grilling pizza in the summertime," she says. "The high heat makes for really crispy and delicious crust. It's casual, everyone loves it, and I get to be outside the whole time."

## Looking Ahead

In addition to updating her blog with new, must-try recipes, Laura has a big creative project in the works. "I can't really talk about it yet," she reveals, but readers can expect updates on her blog. And for those lucky enough to live in the Niagara area, watch out for her at cooking classes and workshops – she's signed up to teach a few of those, too!



**Marie Blanchard**

Fitness model, "Body Language" pg. 74

## On Track Training

"The things I love most about track training are the feeling of pure release and being able to test or improve my speed and endurance," shares fitness model Marie. "I achieve my goals by staying consistent and surrounding myself with positive people."

## Ask Marie

"The best advice I've ever received is to ask for forgiveness rather than permission," shares this go-getter. She also notes the importance of following your dreams, even if you've been told you can't achieve them.

## Foxy Lady

Marie has a number of exciting projects in the works for 2015, including small-screen stardom. "I've been cast in a television show for the Fox Network called *Phitness*. It educates viewers on how to become healthy, fit, and, most importantly, to maintain that lifestyle," Marie reveals.



**Jillian Bell**

Writer, "Playing Goal Tender" pg. 50

## Do It All

"I love trying new workout classes," reveals Jillian, the writer behind our resolutions revisited article on page 50. "I get bored doing the same thing all the time, so I'm constantly changing it up."

## Learn Something New Every Day

"Being a writer is fabulous," Jillian shares. "It teaches me so many interesting things." Having written about everything from feminism to fashion to fitness, Jillian always learns at least one new thing during her research. "It's especially great when it's a service article like this one," she continues. "I love when I can apply it to my own life."

## Don't Sweat The Small Stuff

We all have moments when little things seem like a huge deal, but thanks to some sound advice, Jillian no longer lets them get to her. "After my boyfriend caught me raging over a rude internet comment, he told me, 'Don't let stupid people bother you so much.' It completely reset my thinking."



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Hanging with cover model Nicole Wilkins.



# Life(style) Of The Party

**The fitness movement isn't just found inside gym walls — and we're here to make it even more exciting**

For those who are in the industry or are just fans of physical culture, as it was once referred to in its '70s and '80s heyday, it's obvious that being fit and adhering to healthy behaviours doesn't just happen during the hours you are in a gym or as you prepare your next high-protein meal. Your style choices, music preferences, and even the people you hang out with are likely influenced by your thirst and enthusiasm for this lifestyle. In fact, it makes sticking to your program and your ideals that much easier.

That's why we at *Inside Fitness* are pleased to announce many new and exciting endeavours we are introducing over the coming year. We'll still be doing the same model searches that you love to par-

ticipate in and watch. Follow us on Facebook or Instagram to stay on top of the news. But we've also expanded via an exciting new pairing with Capture Group, one of the nation's hottest event management and branding specialists. With their partnership, we will be bringing a unique coast-to-coast series of experiences that speak to all aspects of a fit lifestyle. We have fittingly called it "Fitness. Music. Fashion." (FMF for short), and we think you'll agree that it's the most exciting thing to happen to the fitness industry since Arnold himself.

In the meantime, enjoy the special pre-spring edition of the *Women's Training Guide*. Now that we are releasing this increasingly popular title

four times per year, we'll be at your side every season to deliver the best in workouts, health tips, and recipes. Take a look, let us know what you think, and, above all, keep interacting with us.

A handwritten signature in blue ink, which appears to read 'Terry Frendo'.

**Terry Frendo**  
Publisher



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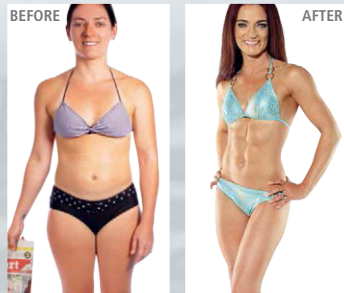
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# Straight Talk

The grains of truth are the only carbs that don't go out of style



I have been walking the fine line between “being conversational” and “over sharing” for the majority of my 31(ish) speaking years. That time I said in a job interview that my greatest strength is ignoring my weaknesses? Didn’t make me candidate material. Or when I shared that delightful anecdote at a recent party about how I systematically determined that the fart I smelled in the cardio section of the gym was not my own, much to my relief? I can blame the wine for that admission, but I think you’d still agree that it’s not the best topic of conversation to open with in a social setting.

That’s the beauty about writing — you can process it, edit it, and re-imagine it, well after you first thought of the idea and long before you expose anyone to it. You can mull it over, spice it up, and cut and chop it like a lumberjack on speed. The message can be delivered once you decide it is the right time to give.

In light of this understanding, I must admit that in past letters I have been less than forthright about something very, very important. It is, to some degree, my “big pink elephant in the room,” and unburdening myself of this lie will, I hope, bring much-needed closure.

Fitness isn’t all about fun. There, I said it. Of course you can have fun working out. I often do. But then there are other times that I grit my teeth through the entire process — it doesn’t matter whether I am teaching a cycling class with a pasted-on happy face, pedalling it out half-heartedly on an elliptical, or making my own off-the-cuff, lackluster circuit in the weight section. Sometimes it is definitively un-fun. But I do it, because I know that the alternative is worse, and I will feel better when it’s over, guaranteed.

Our *Women’s Training Guides* are here to provide that “oompf,” that push in the right direction when you need it, that reminder that at the end of that effort is going to be a great reward: a better, happier, enlightened you. When you require a reminder that great things can come from a healthy lifestyle, turn to these pages; we’ll be here for you.

*Rachel*

Rachel Debling  
Editor



You should really check out:



Guts, glory, and guns (we’re talking biceps, naturally): our cover girl, Nicole Wilkins, has all of these and so much more. **pg. 30**



Most people think of healthy foods as egg whites and rice cakes. These impressive meals will make them reconsider their bias. **pg. 36**



I love to turn my workout on its head by adding a BOSU. You’re guaranteed to smile-grimace throughout every excruciating (but fun!) rep. **pg. 54**



She’s awesome. He’s awesome. We’re all awesome. Make yourself believe it with our guide to boosting your confidence. **pg. 70**



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# 'Round the Web

## INSPIRATIONAL WORDS

With our confidence feature on page 70 in mind, we scoured Twitter for the best boost-you-up sayings. Here's what we found.

*Life is not happening to you. Life is responding to you.*

— @NancyWest2012

*Sometimes you're not given what you want because something better is planned for you instead.*

— @lorenridinger

*"Life isn't about finding yourself. Life is about creating yourself."*

— @rhods007\_j

*Do something today for your future self.*

— @allypitypang

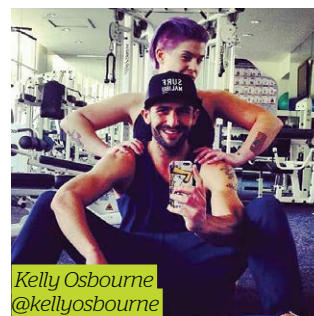
*Keep at least one dream tucked in your front pocket then walk toward it.*

— @puzzlegoddess

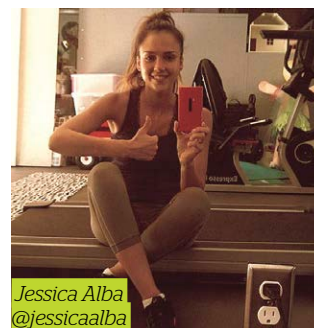


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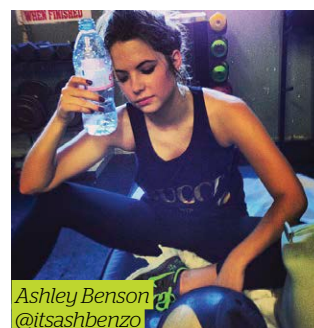
These A-listers are proof that hard work pays off!



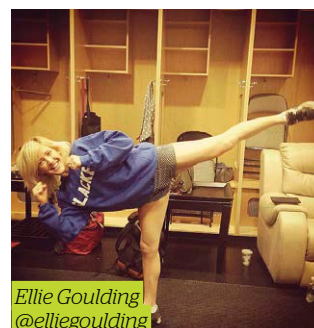
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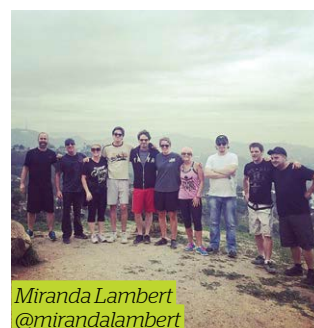
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Miranda Lambert  
@mirandalambert

## SHAKE IT UP

We asked you, our readers, to share your ultimate protein shake recipes through social media – and you delivered! We then made them ourselves, tasted them, and chose our favourites.

### Almighty Almond Shake

By @phaedrafitness

- 1 scoop vanilla whey
- ½ banana
- ½ cup almond milk
- 2 tbsp almond butter
- 2 dates, chopped
- ½ cup ice

### Coffee Kicker

By Molly Wichman

- 1 scoop chocolate whey
- 4 oz water
- ¼ cup oatmeal
- 1 tbsp instant coffee
- 8 oz ice

### Strawberry Shortcake Shake

By Victoria Cooper

- 2 scoops vanilla whey
- 1 tsp vanilla extract
- ½ banana
- 3 frozen strawberries
- 1 handful of ice



Check out page 80 for four bonus shake recipes!

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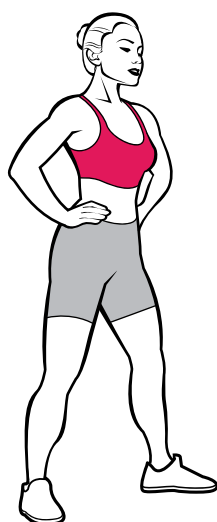
**BY RACHEL DEBLING  
ILLUSTRATIONS BY MARK COLLINS**



**T**wo of the biggest fitness excuses are a lack of time and a lack of equipment. If this sounds like you, we've got good news: this 20-minute body-weight workout solves both of these problems.

We solicited the advice of Cameron Cogswell, CEO and founder of the contest-prep company Camwell Nutrition (camwellnutrition.com) and a 10-year veteran of the health and fitness industry, to create a workout that is big on fat-burning results but is short on equipment — that is, it requires none. How does he do this? By shifting the focus rearward.

"The glutes are a fantastic muscle group to incorporate into a metabolic workout because, as we know, they are the largest muscles in the human body," Cogswell explains, adding that focusing on this area will automatically cause the body to recruit more muscle fibres and, subsequently, burn more calories. Do these moves in the order shown, four to five times through with little to no rest, and expect up to 72 hours of post-exercise calorie burn. Cogswell explains that this is due to three factors: compound movements, a fast tempo with short rest periods, and an aerobic focus to improve the cardiovascular system.

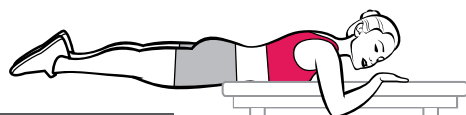
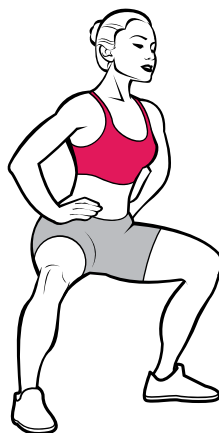


## 1. SUMO SQUAT

**Reps: 20**

Stand with your feet wide. Squat slowly. Once you feel the stretch in your glutes/hamstrings, push up through the heels and squeeze your butt at the top.

**TIP:** Keep your toes pointed outward to hit the glutes even more.



**TIP:** Rotate your toes out slightly at the top to work your butt even harder.

## 5. GLUTES RAISE

**Reps: 20**

Lie on a bed or other elevated surface with your legs hanging over the edge. Raise your legs up as high as you can, pause, then lower back to the start.



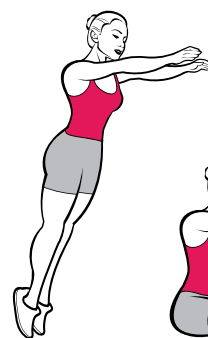
**TIP:** Some knee flexion is okay as you lift, as it will encourage contraction of the hamstrings.



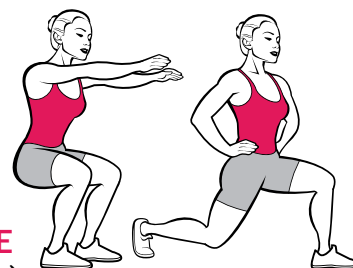
## 2. LUNGE WITH KICKBACK

**Reps: 10 (per leg)**

Stagger your legs and lower until your back knee comes close to the floor. Extend your legs and raise your rear foot from the ground at the top.



**TIP:** Alternate legs with each rep to work both sides equally.



## 3. LEAP AND LUNGE

**Reps: 10 (per leg)**

Crouch slightly, then jump explosively forward. Squat as you land. Next, stand and lunge rearward to return to the start.



## 4. CROUCHED SIDE STEP

**Reps: 10 (each way)**

Squat down slightly with your feet hip-width apart. Step out to the side with one foot and follow it with the second, to complete one rep.



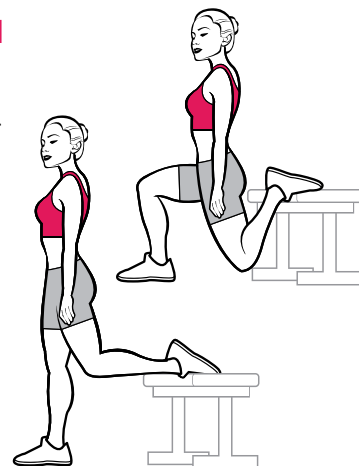
**TIP:** Keep your chest lifted and as straight as possible.

## 6. BULGARIAN SPLIT SQUAT

**Reps: 10 (per leg)**

Start in a lunge position with your rear foot on a platform. Bend your legs to lunge, bringing your rear knee close to the ground. Drive up through your front heel to stand.

**TIP:** Keep your weight centred on your front foot. **IFM**





If you feel sleepy and unfocused, Starbucks might not be the answer. Low iron levels can cause these maladies, and ladies often lack this important nutrient.

# Pumping IRON

**In the gym or on your plate, you need more of this health-enhancing mineral; here's why**

BY JENEVIEVE ROPER, PHD (ABD), CSCS

**A**s a fit and active woman, it's extremely important to ensure that your body always has the fuel it needs, which includes optimal levels of vitamins and minerals. These necessary health-enhancers play vital roles in your performance and energy levels, even though certain important ones are often overlooked. Iron, for example, never really seems to get the respect it deserves. You know you need it, but do you actually know your iron levels? Did you know that there are two different types of iron, or that you don't have to be anemic to suffer the detrimental effects that an iron deficiency has on exercise performance? If you answered "no" to any of these questions, you just proved my point — it's time to give iron its 15 minutes of fame.

## What Is Iron?

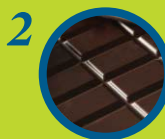
Iron is a trace mineral and an essential nutrient, which women unfortunately store less

## 8 GREAT IRON-FILLED SNACKS

Chow down on these delicious eats to snag a few extra milligrams of the good stuff.



Dried fruit



Dark chocolate



Broccoli



Hummus



Pumpkin seeds



Kale chips



Oatmeal



Peanut butter





of than men. This puts ladies at a higher risk for iron deficiency, so it's important to understand how iron affects our bodies and why we need it.

One of the most important things to know is the difference between the two types of iron: heme and non-heme, as well as the different types of foods they come from. Heme iron is found in animal-based foods and is absorbed well by the body. The best natural food source is red meat, which means that vegetarians have to overcompensate in order to meet their body's requirements, or they need to take supplements. Non-heme iron, on the other hand, is predominantly found in plant foods and is not as well absorbed by the body. However, this absorption rate can be improved when you consume foods filled with vitamin C or calcium at the same time as your non-meat-based iron sources.

### Why We Need Iron

Iron has several different functions within our bodies. Among other things, this mighty mineral can single-handedly transport and receive oxygen, produce red blood cells, and affect both immune function and cognitive performance.

Our red blood cells contain a protein called hemoglobin, which has four iron atoms. Oxygen attaches to these atoms in the lungs before being transported throughout the body. Then there is a second iron- and oxygen-binding protein called myoglobin, which transports and stores oxygen from the blood within the muscles, meaning suboptimal iron absorption can have a significantly negative impact on both your oxygen transportation and storage.

In addition to its important role in spreading oxygen throughout the body, iron can also protect against highly reactive and unstable oxygen-containing molecules known as free radicals. They are produced during exercise and, should they come into contact

with cell membranes, they can cause damage to both cells and DNA. DNA synthesis is a very precise process, so even small levels of damage can have significant, lasting effects.

Proper iron levels are also required for your immune system to function normally. Supplementing your body with either too much or too little iron can greatly change your immune status. If you're iron deficient, you'll have a suboptimal immune response when your body senses a virus or bacteria, which increases your risk of infection. That being said, if you consume too much, you can also increase your risk of infection because bacteria feeds on iron, meaning the more iron they can consume, the more likely they are to cause an infection. Clearly, balance is the key to success.



**Dried beans, dried fruits, and vegetables are the best iron-filled plant sources.**

### Iron-Rich Foods

It may sound less than appetizing, but liver is hands down the best source of dietary iron. If you really can't stomach it, try other organ delicacies like kidneys and hearts, or more common picks like seafood, lean meat, egg yolks, and poultry.

If the vegetarians among you are starting to panic, never fear! Dried beans, dried

**Supplementing your body with either too much or too little iron can greatly change your immune status.**





## 12 MORE CLUES YOU COULD HAVE AN IRON DEFICIENCY

Watch out for these warning signs and check with your doctor if you are experiencing any of these concerning out-of-the-ordinary symptoms.



Lack of energy and feelings of weakness



A pale complexion



Shortness of breath



Difficulty maintaining regular body temperature



Irregular heartbeat



An inflamed tongue



Feelings of dizziness



Problems with concentration



Headaches



Chest pain



Constant feelings of grumpiness



Brittle nails



**Taking the correct amount of iron is something everybody should be conscious of, but it's particularly important for the female endurance athletes out there.**

fruits, and vegetables are the best iron-filled plant sources, so include blueberries, spinach, potatoes (with their skins), and baked beans in your diet. If you know you're on the shallow side of the iron pool, pass on corn, milk, and other dairy products. These picks have little to no iron content, meaning you'll fill yourself up without snagging your dose of that much-needed mineral.

### Are You At Risk For Iron Deficiency?

It may surprise you to learn that cross-country runners, females involved in endurance

sports, women who suffer heavy menstrual losses, vegetarians, long-distance runners, or women who train in hot climates with heavy sweating face an increased risk of iron deficiency. If any of these sound like you, it is advised that you receive periodic screening to assess your iron status.

There are actually several reasons why athletes are particularly at risk. Sometimes during intense training, gastrointestinal (GI) bleeding can occur, and the more stressful the training, the greater the iron loss. Some GI diseases, like IBS and Crohn's disease, can also interfere with absorption and cause



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**The best natural food source is red meat, which means that vegetarians have to overcompensate in order to meet their body's requirements, or they need to take supplements.**

an iron deficiency, particularly those that involve low-grade, chronic inflammation.

### Stages Of An Iron Deficiency

When it comes to an actual iron deficiency, there are three distinct stages. Stage one usually involves reduced or absent iron stores. Iron is typically stored in the liver and bone marrow, and measured by a blood test known as the ferritin test, which refers to an iron-storing protein inside your cells and indirectly measures the levels of iron in your blood. When someone reaches serum ferritin levels of 60 ng/dl or below, they are considered to be in this stage. Stage two usually occurs when there is a reduction of iron going to the red blood cells. This leads to a reduction in the oxygen-carrying capacity of the red blood cells, which can start to affect your abilities. Stage three results in a significant reduction of iron and hemoglobin to the red blood cells, which greatly affects athletic performance.

A fourth stage that is not a full-fledged iron deficiency is known as sports anemia and it occurs at the start of a training program. It causes a decrease in hemoglobin due to an increase in plasma volume, which is a result of endurance exercise. Strenuous training programs may also destroy red blood cells, or, if protein intake is also inadequate, the body's need to form new muscle could conflict with creating more hemoglobin, which may cause anemia.

### Recommended Daily Intake

So how much iron does a properly functioning body need to stay healthy? It has been

reported that most female athletes only consume 1,600 to 2,000 calories per day, which typically provides about 12 mg of iron — compare that to the recommended intake for premenopausal women of 18 mg daily. Postmenopausal women have a lower recommendation of 8 mg per day, but that number jumps to 27 mg for those who are pregnant.

Taking the correct amount of iron is something everybody should be conscious of, but it's particularly important for the female endurance athletes out there. Get your iron levels checked before and after you start a new training program so that you can supplement if necessary and use your iron intake to pump more iron, perform well, and create a healthier, happier you. **IFM**



**Iron is typically stored in the liver and bone marrow, and measured by a blood test known as the ferritin test.**





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 Weider Nutrition South Africa





# *Things We Learned From Nicole Wilkins*

People who are special make those around them feel special – that, in a nutshell, is Nicole Wilkins. Follow her words and workout, and you'll feel like you're capable of anything.

BY RACHEL DEBLING  
PHOTOS BY ARSENIK STUDIOS INC.



When you think “fitness industry,” there are a few names that come to mind: Arnold Schwarzenegger, Jillian Michaels, Tony Horton — and, if you consider yourself hardcore, Nicole Wilkins. Her girl-next-door poise and gentle manner of speech are in absolute opposition to her determination and, let’s be frank, Terminator-level badassery — it’s this juxtaposition that has made Nicole beloved internationally and a true inspiration to legions across the globe.

It may not surprise you to hear that one of the winningest professional fitness competitors to ever strut her stuff onstage was always an athletic, muscular machine. As a young gymnast she climbed through the ranks of competition, but injuries pushed her into other physical pursuits; namely, weight training. After witnessing the amazing dedication of the physique athletes while competing in the 2002 Arnold Classic for gymnastics, she nabbed a coach and changed her focus to what she saw to be her next biggest challenge: the fitness stage.

Since that moment, Nicole has amassed possibly the most impressive female résumé in the history of the sport. The list is long, but she has been awarded the title of Figure Olympia a record-breaking four times and the Figure International at the Arnold Sports Festival an amazing three times. That’s not anything to turn your nose up at.

Though she says her only competition this year will be the Figure Olympia in September (she is currently the reigning champion), she has other big things in store. This year marks the first year she helms Phat Camps across North America

(getphatwithnicole.com), and the two shows that she promotes (we were ecstatic to host her as a special guest at last year’s GNC Live Well *Inside Fitness* Championships in Mississauga, Ontario) will also keep her on her toes, the first one in her home state of Michigan in July and the other overseas in Finland in October.

“This has become my life and lifestyle, so it doesn’t feel like a

I would be lying if I told you I never lost motivation or got bored sometimes.”

chore,” she says. “It truly is something I enjoy — if I didn’t, I don’t believe I would still be doing it 12 years later.”

Nicole shared with us some life lessons, both motivational and practical, that we can all take to heart. After all, someone who has reached the levels that she must possess a lot of (admittedly accurate) 20/20 hindsight.

#### LESSON 1:

##### *Always push yourself.*

“I would be lying if I told you I never lost motivation or got bored sometimes,” she admits. “Seeing the changes in my body from year to year and testing my determination with

new challenges is what keeps it interesting.”

#### LESSON 2:

##### *Never be stagnant.*

“I have done every single diet you could ever think of and have messed around with many types of training splits and techniques,” Nicole recalls. But this isn’t a sign that you’re being fickle — it’s integral to your growth. “It is important to do this so your body does not get used to the same thing.”

#### LESSON 3:

##### *Do what you love.*

When Nicole was young, she knew she wanted to do something in the health field — and today, she can happily report that she’s accomplished that. “For a few years, I bounced around the ideas of being a phys ed teacher, a physical therapist, and even going into corporate wellness,” she says. She started

me it is important to adapt an ‘all-year round’ healthy approach to fitness, especially if I want to look and feel good.”

#### LESSON 5:

##### *Don’t beat yourself up.*

Nicole admits that injuries are frustrating (she has been sidelined several times over the years), but they aren’t a sign of failure. “When I was younger, I made the mistake of pushing past the point I should have stopped at and made the injury worse,” she remembers. “I like to think that I am smarter when it comes to making the decision to push through the pain or stop before it really gets bad, which is hard to do when you have a high pain tolerance.”

#### LESSON 6:

##### *Trust your gut.*

Nicole’s biggest inspirations and supporters, her mom and dad, were likely the ones who instilled in her the confidence and perseverance it has taken her to succeed. “Always stick up for yourself and follow your intuition — it rarely leads you in the wrong direction,” is the advice she’d impart on her 13-year-old self if backward time travel wasn’t restricted to science fiction. And, whether you are (or feel) 13 or 73, that’s truly information we can all benefit from.

## MUST-HAVE MANTRAS

What Nicole tells herself when the going gets tough.

- ▶ “Come on Nicole, stay focused!”
- ▶ “Don’t you dare give up.”
- ▶ “Don’t leave here with regret.”
- ▶ “Think about how that is going to affect you later.”
- ▶ “To accomplish something you have never done before, you have to push beyond your comfort zone, trust your instincts, practice, and believe in yourself.”

# Designing Delts

NICOLE'S KNOWN FOR HER SHOULDERS; FOLLOW HER PLAN, AND YOU'LL BE FLEXING PROUD IN NO TIME.

Start with a quick warm-up (a few light sets or a five- to 10-minute cardio warm-up on the treadmill) and perform 10 to 15 reps for three to four sets of each exercise, resting 30 to 35 seconds between each. Nicole recommends doing it once per week as a part of an overall body-part split (i.e. legs one day, shoulders the next, back on another, etc).

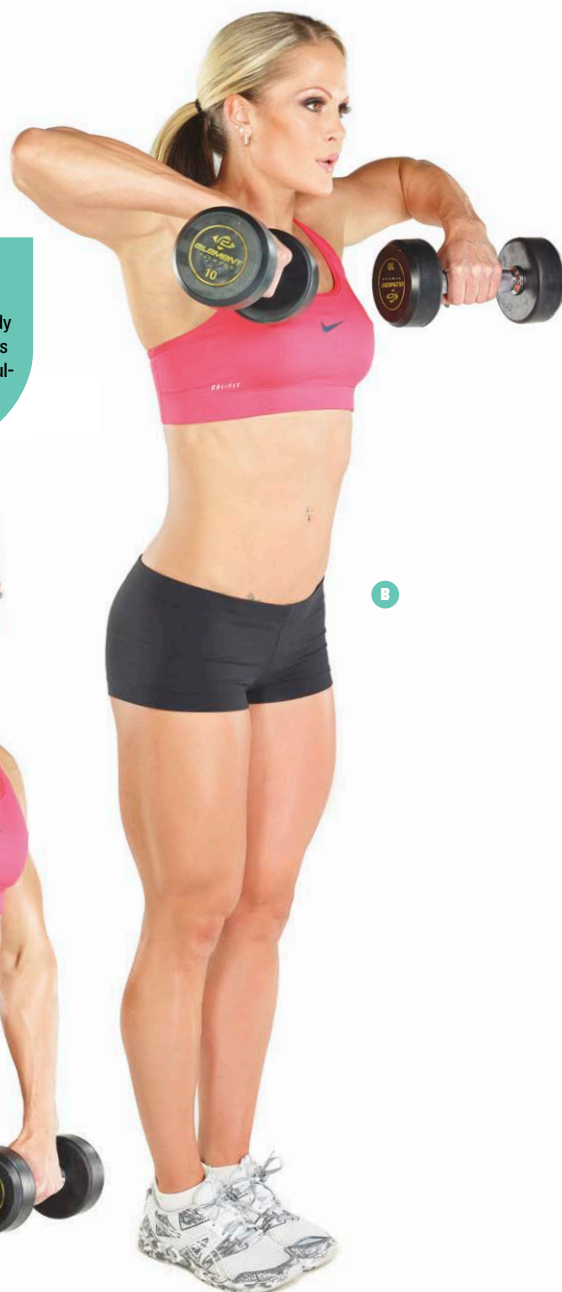


**TIP:** Use a wide range of motion as you rotate out and press up.

## ARNOLD PRESS

**TARGETS:** Front and lateral delts

Stand tall and hold a dumbbell in each hand in front of your chest, palms facing your body. Open your arms out to the sides, then press the weights straight overhead, ending with your palms facing forward. Fluidly reverse the move and repeat.



**TIP:** Drag the dumbbells up the body and keep your elbows higher than your shoulders at the top.

## DUMBBELL UPRIGHT ROW

**TARGETS:** Lateral delts, traps (upper back)

Space your feet hip-width apart and hold a dumbbell in each hand with an overhand grip, arms fully extended toward the floor. Pull the dumbbells up in a straight line until they are about chest height; slowly extend your arms to return to the start.



# Designing Delts

## FEEL THE BURN

Try doing drop sets for your lateral raises: start with your heaviest weight for 10 reps, then drop the resistance incrementally two more times. For example:

WEIGHT	REPS
20 lbs	10
15 lbs	10
10 lbs	10

That's one set. Rest for 45 seconds, and repeat three times.

## LATERAL SHOULDER RAISE

**TARGETS:** Lateral delts

With your feet close together, grab a weight in each hand, arms at your sides with your palms facing in. Move only from the shoulders to raise the weights up and out to the sides, bringing your arms in line with each other. Pause for one count, then slowly return to the start.



**TIP:** Don't swing the weights up; if your torso is moving, you are using too much momentum.

## ALTERNATING FRONT RAISE

**TARGETS:** Front delts

Hold a dumbbell in each hand, arms at your sides. Maintain a slight bend in your elbow as you lift one arm straight in front of you until at eye level; your palm should be facing down as opposed to in at the top. Use control to return to the starting position, and repeat, alternating sides.

**TIP:** Watch your back — if you are leaning rearward to help lift the weights, reduce the amount you are using.



“ Always stick up for yourself and follow your intuition — it rarely leads you in the wrong direction.”

# Designing Delts



**TIP:** Opt for lighter weights to start with in order to get the motion down pat.



## STRAIGHT-ARMED PULLBACK

**TARGETS:** Front and rear delts, lats (upper back), triceps

Bring your feet close together, grab a set of dumbbells, and lean forward from your hips; your torso should be nearly parallel to the ground. Smoothly push the weights behind you, keeping your elbows locked as you move. Hold for one count, then reverse.

“This has become my life and my lifestyle, so it doesn't feel like a chore.”



**TIP:** Lift the weights only as far up as you are comfortable — if you are advanced, you can bring the dumbbells slightly behind you.



## BENT-OVER REAR-DELT FLYE

**TARGETS:** Rear delts

Start in the same position as with the straight-armed pullback. Hinge from the shoulders to open your arms and bring them into a straight line; contract your back muscles at the top. Pause, then slowly return your arms to the start. **1RM**



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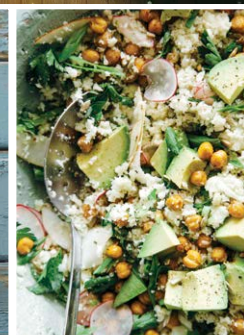


# Bon Appetit!

**Impress your guests with these mouthwatering meals. Added bonus: no one will ever guess how healthy they are!**

**BY ANNA REDMAN**  
RECIPES AND PHOTOS PROVIDED BY **LAURA WRIGHT**,  
OWNER AND OPERATOR OF **THEFIRSTMESS.COM**

Dish up a generous serving of healthful deliciousness with our gourmet (and vegetarian!) dinner party menu, catered by Laura Wright, the brilliant mind behind the natural food blog *The First Mess*. This unbeatable combination of fresh ingredients, tantalizing flavours, and effortless recipes makes this guaranteed-to-be-a-hit cuisine the perfect pick, no matter who you are hosting.





# Garlic and Greens Soup With Smoky Chickpea Flatbread

## Quick Tip:

Feel free to use regular potatoes, if sweet potatoes aren't your thing. You can also sub in (and sub out) any variety of greens to customize this soup to your own personal tastes.

## INGREDIENTS:

(Serves 6)

### Soup

- 2 tbsp grapeseed or coconut oil
- 2 onions, diced
- 12 cloves of garlic, minced or pressed
- $\frac{2}{3}$  cup French or brown lentils, rinsed
- 2 sweet potatoes, cut into 1-inch cubes (peeling optional)
- 10 cups vegetable stock
- 10 cups sturdy greens (mustard greens, kale, cabbage, collards), roughly cut
- Juice of a lemon
- Dash of salt and pepper
- Pinch of red chili flakes
- Dash of extra-virgin olive oil

### Flatbread

- 3 cups chickpea flour
- Dash of salt and pepper
- 1 tsp smoked paprika
- 2 tbsp extra-virgin olive oil
- 3.5 cups filtered water (approximately)

## DIRECTIONS:

*Soup cooking time: 25 minutes*

*Flatbread prep and cooking time: 2 hours, 25 minutes*

### Soup

Heat the oil in a soup pot over medium heat. Add the onions and sauté until they are quite soft, about four minutes. Add the garlic and sauté until fragrant, about one minute. Add the lentils and diced sweet potato, and stir to coat them in the oil. Season with salt and pepper.

Add the stock to the pot and bring to a boil, stirring the pot periodically. Lower the heat to a simmer and cook until the sweet potatoes and lentils are just soft, about 15 minutes. Add the greens and stir, allowing them to wilt slightly. Add the lemon juice, taste for seasoning, and serve hot with chili flakes, drizzles of extra-virgin olive oil, and any other spices that appeal.

### Flatbread

In a medium bowl, combine the chickpea flour, salt and pepper, smoked paprika, and olive oil; stir. Add the water, starting with about one-and-a-quarter cups. Mix the batter with a spatula until combined; the consistency should be like thin pancake batter (add more water if necessary). Cover the bowl with saran wrap, pressing the wrap onto the top of the batter. Let it sit for two to three hours.

Preheat the oven to 350°F and line a baking sheet with parchment. Scrape the batter onto the prepared sheet pan and spread it out to  $\frac{1}{4}$ -inch thickness, shaking the pan and banging it on the counter to do so. Bake for 15 to 17 minutes, or until golden spots appear. Flatbread should lift off of the pan with ease. Remove from the oven, cool slightly, and serve warm, in torn pieces. Drizzle with more olive oil and black pepper (optional).

## NUTRITIONAL INFORMATION PER SERVING

445 calories  
20 g protein  
63 g carbs  
13 g fat



# Grilled Zucchini and Radicchio Salad With Bourbon Vinaigrette

## Quick Tip:

This recipe's apple cider vinegar may also help nix carb cravings. Swedish research found that it can slow the release of sugar into your bloodstream, helping you avoid those problematic spikes.

## INGREDIENTS:

(Serves 4)

### Bourbon Vinaigrette

2 tbsp	bourbon
1 tsp	dijon mustard
2	sprigs thyme, finely chopped
1 tbsp	apple cider vinegar
Dash of salt and pepper	
1 tbsp	maple syrup
1/4 cup	olive oil

### Salad

4 cups	arugula, washed
3	zucchini, cut into long slices
1 head	radicchio, cut into wedges with the core intact
Za'atar spice (optional)	
Chopped basil leaves (to taste)	
1 cup	fresh cherries, pitted and halved
Dash of salt and pepper	
Dash of olive oil	
Handful of halved pecans, toasted and crushed	

## DIRECTIONS:

Cooking time: 20 minutes

Place vinaigrette ingredients in an upright blender and combine until you have a homogenous mix. Set aside.

Preheat a grill to medium high. Arrange the arugula on a large platter. Lay the zucchini slices and radicchio wedges on a baking sheet. Drizzle them with olive oil and season with salt, pepper, and za'atar (if using). Toss the vegetables a bit to coat, then grill them until char marks appear on all sides and the zucchini is a bit softer.

Remove vegetables from the grill and place on the platter with the arugula.

Top your salad with pecans, chopped basil, cherries, and vinaigrette, then serve.

## NUTRITIONAL INFORMATION PER SERVING

240	calories
2g	protein
14g	carbs
19g	fat



## The Side Dish

# Cauliflower and Roasted Garbanzo "Rice + Peas"

## INGREDIENTS:

(Serves 8)

1.5 cups	fully cooked chickpeas, towel dried
	Zest and juice of 2 limes
4 tbsp	olive oil
½ tbsp	chili powder
	Dash of salt and pepper
1 head	cauliflower, core removed
1 tbsp	grainy mustard
½ tbsp	maple syrup, raw honey, or agave nectar
3-4	radishes, thinly sliced
1 cup	flat parsley leaves
2	fresh mint sprigs, leaves sliced
2	green onions, finely sliced
¼ cup	chives, chopped
1	apple, thinly sliced
1	avocado, peeled and cut into chunks
⅓ cup	sunflower seeds, toasted

## DIRECTIONS:

Cooking time: 20 minutes

Preheat the oven to 400°F. Spread the chickpeas on a parchment-lined baking sheet. Sprinkle them with a bit of lime zest, chili powder, salt, pepper, and olive oil. Toss the chickpeas to coat and slide the tray into the oven. Roast until lightly crispy and golden, about 15 minutes.

Place a few handfuls of the cauliflower florets into the bowl of a food processor, fitted with an "S" blade. Pulse the florets until you have small, rice-like bits of cauliflower. Scrape the "riced" cauliflower into a large bowl. Repeat with remaining florets.

Whisk together the left-over lime zest, lime juice, a splash of water, some salt and pepper, the grainy mustard, maple syrup, and 3 to 4 tablespoons of olive oil. Pour it over the cauliflower rice and toss to coat.

Add the radishes, parsley leaves, mint, green onions, chives, sliced apple, and roasted chickpeas to the large bowl. Toss it all lightly to combine. Top it all off with the diced avocado, sunflower seeds, and some more salt and pepper.

### Quick Tip:

If you don't have a food processor, some milling with a knife will also get the cauliflower florets small enough, as long as you're patient.

### NUTRITIONAL INFORMATION PER SERVING

179 calories  
5 g protein  
20 g carbs  
10 g fat



# Tempeh, Brown Rice, and Millet Veggie Burgers

## Quick Tip:

Freeze the patties for future use by placing a covered tray in the freezer for a few hours. When they are firm, wrap them individually and place them in a large Ziploc bag.

## INGREDIENTS:

(Serves 8)

### Veggie Patty

1/2 cup	millet
1/2 cup	brown basmati rice
1/4 cup	walnuts
1/4 cup	sunflower seeds
1	garlic clove, peeled
3/4 cup	red onion, roughly chopped
1/4 cup	carrots, grated
1/4 cup	golden beets, grated
3/4 cup	tempeh, roughly chopped
1.5 tbsp	tamari soy sauce
2 tbsp	whole-wheat flour
2 tsp	organic, non-GMO corn starch
2 tbsp	nutritional yeast
1/2 tbsp	za'atar
1/2 tbsp	chili powder
1/2 tbsp	Old Bay seasoning
2 tbsp	thyme
2 tbsp	arugula
Dash of salt and pepper	
1-2 tbsp	water

### Fixings

Grapeseed oil (for sautéing)

2 heads butter lettuce, washed and leaves separated

Sriracha

1/2 mango, sliced

1 red onion, slivered

Pea shoots

## DIRECTIONS:

*Cooking time: 40 minutes + 1 hour rest for patties*

Combine the millet and brown rice with 2.5 cups of water in a medium saucepan over medium heat. Add a pinch of salt. Bring this mixture to a boil and simmer until all of the water is absorbed, about 15 minutes (the grains will still be quite chewy). Scrape the cooked grains into a large bowl and allow them to cool.

In a food processor, combine the nuts, seeds, garlic, chopped onion, grated vegetables, and tempeh. Pulse the mixture a few times until a moist and chunky paste forms. Scrape this mixture into the large bowl with the cooked millet and brown rice.

Add all of the remaining ingredients to the bowl, except for the water. Stir everything together until thoroughly combined. The mix should resemble a thick

paste, and it should hold together when you pinch it with your fingers. Add one to two tablespoons of water to bind, if necessary, and mix one more time.

Form the mixture into eight patties with your hands. Place them on a parchment-lined baking sheet, cover them in plastic wrap, and place them in the fridge for at least an hour.

Heat a large sauté pan over medium heat. Cover the bottom with grapeseed oil. Gently transfer two or three patties to the pan and sauté until golden on the bottom, about three to four minutes. Flip the patties and cook until golden on the other side, another three minutes; try nudging the patties up against the sides of your pan to brown them all over. Repeat with remaining patties, while keeping the cooked ones warm. Serve on wraps made from butter lettuce and top with red onion, pea shoots, mango, and a drizzle of Sriracha.

## NUTRITIONAL INFORMATION PER SERVING

129	calories
7g	protein
15g	carbs
6g	fat



# Raw Fruit Crumbles With Almond Cream

## Quick Tip:

If you're using a food processor, pulse the almonds until they're just short of almond butter, then add the other ingredients, turning your blender to high until the cream is as smooth as possible.

## INGREDIENTS:

(Serves 6)

### Almond Cream

1 cup	raw almonds, soaked overnight
10 tbsp	water
1 tbsp	extra-virgin coconut oil
1 tbsp	agave nectar
1 tsp	vanilla extract
Pinch of sea salt	

### Crumble

¼ cup	pecans
¼ cup	walnuts
¼ cup	almonds
¼ cup	hemp seeds
¾ cup	medjool dates, pitted
½ tsp	ground cinnamon
¼ cup	vanilla extract
Pinch of sea salt	

### Fixings

1-2 cups	fruit per person, sliced or chopped
Maple syrup, agave nectar, or honey, to taste	
Ground cinnamon	

## DIRECTIONS:

Cooking time: 15 minutes + 4 hours to soak almonds

### Almond Cream

Place the soaked almonds and water in a blender. Turn it to low-medium speed to break up the nuts and stop when the pieces are starting to form a puree with the water. Add the coconut oil, agave nectar, vanilla extract, salt, and more water if necessary. Turn the blender to high for a couple of minutes until the mixture is as creamy and smooth as possible. Scrape almond cream into a container and chill thoroughly.

### Crumble

Place all of the ingredients in a food processor and pulse until the nuts become large crumbs and the mixture holds together when you pinch it. Set aside or keep in the fridge if you're making it ahead of time.

### Fixings

Place your fruit in a bowl and drizzle lightly with maple syrup, agave, or honey. Add a dash of cinnamon. Cover the fruit with an even layer of crumble mixture and top it all off with a big, fat dollop of almond cream. **IFM**

## NUTRITIONAL INFORMATION PER SERVING

391	calories
9 g	protein
44 g	carbs
23 g	fat



# WEEKEND WARRIOR FLOW

Get on board with this program of poses for a harder core, stronger legs, and heaps of benefits for the fit-minded femme

BY MARTA USTYANICH  
FLOW PROGRAMMED BY CASSANDRA AMARAL, ERYT-200, RYT-500  
PHOTOS OF LAUREN ABRAHAM BY MICHAEL NEVEUX

If you still haven't hopped on board the yoga bandwagon, you could be missing out on a ton of benefits, not the least of which is that enviable yoga booty. And while that's certainly a perk few would say no to, there's so much more to it than just tight assets.

As a weekend warrior (and perhaps even a 6 a.m., lunchtime, or any-other-time warrior), you've probably fallen victim to DOMS (delayed-onset muscle soreness) at some point. And if you don't have a regular yoga practice and tend to skip out on your post-workout stretch, chances are your hard-worked muscles aren't getting the TLC they need and deserve.

That's where yoga comes in, with its laundry list of benefits to help keep your body running like a well-oiled machine. In fact, yoga's extensive CV includes everything from mental to physical benefits, such as better flexibility, balance, and posture; greater muscle strength and tone; improved bone health and blood flow;

prevention of cartilage and joint breakdown; reduced cortisol and chronic pain, along with enhanced athletic performance — and that's just the Coles Notes version. Now enter SUP yoga — that's "stand-up paddleboard" yoga, and yes, it's a thing.

In fact, Lauren Abraham, our model for this flow and a certified SUP yoga instructor, is a big proponent of taking your practice onto the water. "It builds a deeper connection to nature while challenging your balance a hundred times more than you would on a yoga mat," says Lauren. An avid surfer and snowboarder, Lauren says she's seen a dramatic improvement in her athleticism thanks to her regular yoga practice. "I can pop up on my surfboard faster because my core is really strong, and I've been doing a lot of Warriors, so my legs are really powerful and my snowboarding is just so much more on point," she says.

But wait — there's more. After four ankle surgeries during the course of her professional snowboarding career, Lauren was left

with crippling arthritis in her ankle. That's when she took up yoga. "It changed and saved my life," she says. "It actually started healing my body." Lauren went from being unable to walk without a limp to walking and running pain-free. If that isn't a testament to the restorative powers of yoga, we don't know what is.

If you're ready to dive in, our Weekend Warrior Flow, designed by Toronto-based certified yoga instructor and educator Cassandra Amaral, is a challenging exercise in balance for those warriors who like to push the pace — and even more so if you decide to take it onto the water. Of course, if you're new to yoga, Lauren recommends getting comfortable with the poses on shore to avoid the risk of injury. Because this flow is designed to test your balance while engaging your core and legs and strengthening the knees, it's great for those weekend warriors who love their squats and lunges, which tend to place a lot of stress on the knee joints and require core strength to keep you stable.







## HOW TO GET YOUR “OM” ON

For a more vigorous practice, you'll be holding each pose for three to five breaths, being mindful as you transition in and out of your poses in order to avoid injury, since many of them will call on your flexibility and range of motion. For a slower pace, beginners can hold the poses for longer to increase flexibility. Keep in mind that you may not be able to come into the full expression of the pose right away — and don't worry, that's completely okay. We've offered variations where possible, so gauge what's comfortable for you and work at your own pace. Practise this flow up to three times a week if you're training hard, or a minimum of once a week to stretch out your muscles, and you'll soon be reaping heaps of benefits to keep you going strong in the gym, in the water, or wherever your practice takes you.

### CHILD'S POSE

{ TARGETS: SPINAL EXTENSORS, HAMSTRINGS, AND MUSCLES OF THE LOWER LEGS; LENGTHENS UPPER LATS AND LOWER BACK }

Start by kneeling on your mat and widen your knees to about hip-width apart. Sit back toward your heels, then extend your arms overhead and place your hands flat on the floor. Hold here.



#### TIP:

To make this pose more active, lift up onto your fingertips, lift your forearms away from the floor, and hold.

### CAT/COW

{ TARGETS: ABDOMINALS AND MUSCLES IN YOUR ARMS; INCREASES MOBILITY OF THE VERTEBRAE AND RELEASES TENSION IN THE SPINE }

Shift forward to come onto all fours, looking ahead and maintaining a flat back. As you inhale, round your spine, bringing your belly in and up, and your chin in toward your chest. As you exhale, push your chest down toward the ground, arching your lower back and letting your hips sink as you look up. Hold.



A



B

#### TIP:

The key to this pose is stacking the joints, so make sure your shoulders are above your wrists and your hips are over your knees.



## STANDING FORWARD FOLD

{ TARGETS: SPINAL EXTENSORS, PSOAS MAJOR, PIRIFORMIS, HAMSTRINGS, ADDUCTOR MAGNUS, QUADS, GLUTES, SOLEUS, AND GASTROCNEMIUS; ENGAGES MUSCLES AROUND THE KNEES AND FEET }

With your toes curled under and your back flat, lift your knees away from the floor and step or hop your legs forward toward your hands. Look forward, rising halfway with a flat back, with your fingertips touching the floor or resting on your shins. Release at the hips, allowing gravity to pull your upper body down. Keep your legs engaged as you let your head hang between your shoulders and reach your arms down toward the floor or rest them on your calves. Pause here.

### TIP:

If your hands don't reach the floor, try using a block. You can also keep a slight bend in your knees to help come into the full fold.



## WARRIOR I & II

{ TARGETS: SPINAL EXTENSORS AND FLEXORS, ABDOMINALS, OBLIQUES, SERRATUS ANTERIOR, UPPER TRAPEZIUS, DELTOIDS, BICEPS, GLUTES, PIRIFORMIS, ADDUCTORS, HAMSTRINGS, AND SOLEUS; LENGTHENS THE PECS }

Hinge at the hips to rise from Standing Forward Fold, keeping your back flat and bringing your palms together in front of your heart. From here, send your left leg to the back of your mat, pivot your rear heel out 45 degrees, and sink into your right knee to come into Warrior I, keeping your hips square. As you extend your right arm over your right knee and your left parallel to the floor behind you, gaze over your fingertips and twist to the left, opening up into Warrior II; hold here.

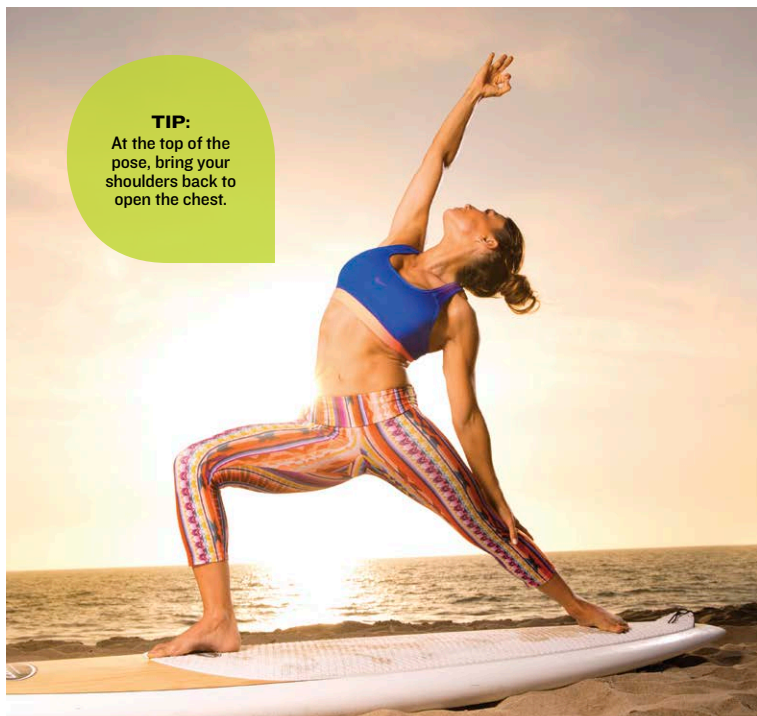
### TIP:

As you sink into your lunge, make sure the front knee is stacked directly over the ankle and isn't turned in or out.



### TIP:

At the top of the pose, bring your shoulders back to open the chest.



## REVERSE WARRIOR

{ TARGETS: CORE AND EXTERNAL HIP ROTATORS, INCLUDING THE PIRIFORMIS }

From Warrior II, reach your left arm down to meet the back of your leg and gaze up as you extend from the lower back and bring your front arm overhead, with your palm open. Hold here. Slowly and carefully rise back up into Warrior II.





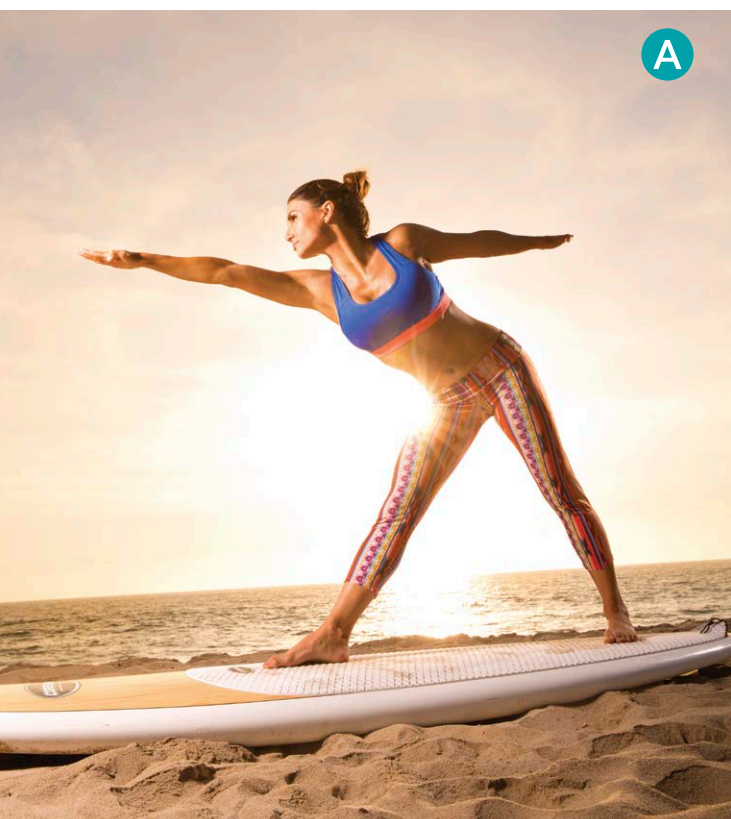
**TIP:**

Maintain a neutral position with your head, making sure it doesn't fall out of alignment.

## TRIANGLE

{ TARGETS: ABDOMINALS, OBLIQUES, AND BACK; LENGTHENS MUSCLES AROUND THE KNEE, ANKLE JOINTS, GROIN, HAMSTRINGS, AND CALVES }

From Warrior II, straighten your front leg to come into Triangle and gaze at your front fingertips, keeping your arms in line with your shoulders. Hold this pose.



## EXTENDED TRIANGLE

{ TARGETS: SPINAL EXTENSORS AND FLEXORS, SERRATUS ANTERIOR, OBLIQUES, LATS, BICEPS, DELTOIDS, GLUTES, PIRIFORMIS, HAMSTRINGS, AND MUSCLES AROUND THE KNEE AND FOOT }

Bring your front hand down to meet the floor (or your shin if that's more comfortable) as you extend your left arm overhead or parallel to the ground. Gaze up at your arm and hold here. To come out of this pose, rise back up into Triangle, pivot your back foot to face forward, and sink deep into your front knee to come back into Warrior II. Bring your hands together in front of your heart, step your back foot to the front of the mat, and come back to standing. Repeat Warrior through Extended Triangle on your opposite side.

**B**

**TIP:**

As you bring your arm up, expand at the collarbone by bringing your shoulder blades down and back to open up the chest.





## LORD OF THE DANCE

{ TARGETS: SPINAL EXTENSORS, SERRATUS ANTERIOR, DELTOIDS, TRAPEZIUS, BICEPS, SERRATUS ANTERIOR, ABDOMINALS, INTERNAL OBLIQUES, GLUTES, PIRIFORMIS, QUADS, AND HAMSTRINGS; LENGTHENS RHOMBOIDS, LATISSIMUS DORSI, PECTORALIS MAJOR AND MINOR, AND RECTUS FEMORIS }

From standing, shift your weight into your left leg and bend the knee of your right leg to bring your foot off the ground to meet your glutes. Sweep your right arm back to grab your right foot. Press your foot into your hand and hinge at the hips to lean forward, extending your left arm parallel to the floor in front of you for balance. Hold, repeat, then do the same on the opposite side.



### TIP:

To come into this pose, ground your foot and find your balance by shifting back and forth from your toes to your heels.



### TIP:

Look at a fixed spot in front of you to help you maintain balance.

## TREE POSE

{ TARGETS: GASTROCNEMIUS, QUADS, HAMSTRINGS, ADDUCTORS, GLUTES, PIRIFORMIS, ILIACUS, SPINAL EXTENSORS, HIP FLEXORS, AND MUSCLES AROUND THE FEET }

Return to standing. Shift your weight onto your right leg. Lift your left leg off the ground and place your left foot on the inside of your right leg either above or below the knee, or by your ankle. Stretch your arms overhead and bring your palms together, or hold your hands in prayer in front of your heart. Hold, then repeat on your other side. Come back into Child's Pose and hold for five to 10 minutes, or as long as you need to complete your practice. **IFM**



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FAMILY  
TIME

HELP  
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QUIT  
SMOKING

GET  
BETTER  
JOB

# ***Playing Goal Tender***

GET  
FIT

SAVE  
MONEY

ENJOY  
LIFE  
MORE

Seven ways to  
bust your way  
out of that rut  
and get closer to  
your goal than  
ever before

BY JILLIAN BELL

IMPROVE  
SELF



**Y**our New Year's resolution was to eat clean, but by February you were back on the Diet Coke bandwagon. Your goal for this month was to finish those books that have been sitting on your nightstand forever, but then the siren call of Netflix lured you away. Clearly it's not enough to just set a goal. If you really want to achieve it, you need to be intentional about it, from the planning stage up until the goal is met, according to Toronto-area life coach, Ivana Pejakovic.

"Just because we set a goal at the beginning of the year doesn't mean that's going to be the right goal for us at the end of the year," she says. "By monitoring where we're at, how far we're going, and if this goal is still right for us, we're able to navigate and specifically tune in so that we can shift the goal in the way that we need to or continue working toward it."

Below, Pejakovic has outlined the seven key steps that are essential to meeting any goal, whether it's to score six-pack abs, increase productivity at work, or save enough money for that trip to Italy you've always dreamed about.

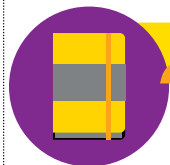


### Choose the right goal

For a goal to be achievable and satisfying, it needs to meet three main criteria, Pejakovic says. First of all, it needs to utilize your strengths. "We don't want to pick something that we're not good at doing or that won't help us," explains Pejakovic. Next, it needs to express your values, the things that are important to you in life. A great goal also satisfies a psychological need. If we meet a goal that doesn't leverage our strengths, express what's important to us, and satisfy a need inside us, Pejakovic says, "It's going to feel empty; we won't feel like we accomplished something important."



Putting pen to paper will make the likelihood of you reaching your finish line even greater.



### Create a progress map and log

These are going to be your two best friends when it comes to monitoring your progress and holding yourself accountable.

A progress map is "a visual representation of the journey to come," according to Pejakovic. "You're drawing it out, having little arrows pointing out to the bigger chunks of the goal, [seeing] if the bigger chunks can be broken down into smaller chunks."

A progress log is a diary that corresponds to your map. Not only are you keeping track of what you've done, but also how much ef-

fort you've put in. "If we don't keep a log of how much we're working toward [our goal]," says Pejakovic, "we're not going to be working toward it, we're going to get distracted, other things are going to take over in life. And by having a log, we can look back and see why we haven't achieved the deadline, or what went wrong throughout the process."

Whether you write in your log daily or weekly may depend on where you're at with your goal (sometimes you hit a stage where you're just waiting for something to happen), but Pejakovic suggests that "the more frequently you write in your log, the better off you are, and the less likely you're going to be distracted and just stop moving closer to your goal for a period of time."



By having a log, we can look back and see why we haven't achieved the deadline, or what went wrong throughout the process."



Taking the time to enjoy a book isn't just for leisure. Schedule time to read works by experts who can help you get to your goal faster.



### Set an achievable deadline

"We usually set deadlines that are not all that realistic," says Pejakovic, "because we're impatient and our goals are important to us and we want to achieve them as quickly as possible." Refer back to your progress map in order to set a more realistic deadline, she suggests.

As important as it is to have a deadline, you also need to understand that it may not



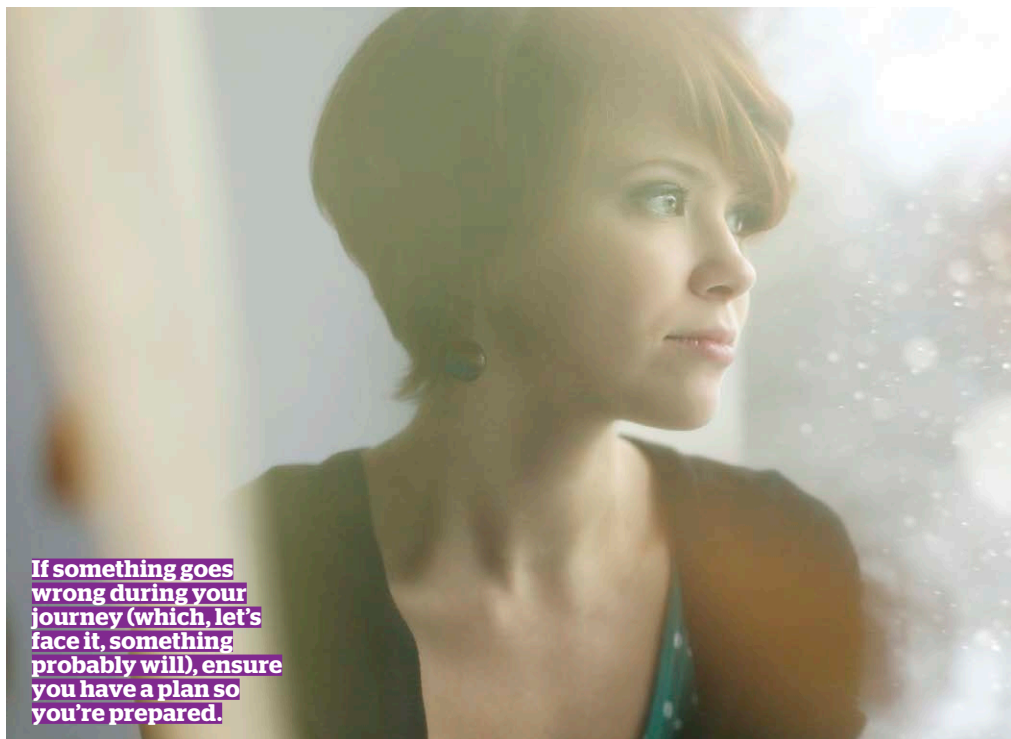
be totally within your control and sometimes you have to be flexible. You may change your deadline during the monitoring stage of meeting your goal. “While we’d like the deadline to be as accurate as possible, it’s really important to adjust based on what happens while you’re achieving your goal,” says Pejakovic. For some goals, it’s easier to predict the deadline, she points out, while others — like, say, getting married — is really hard to put a firm deadline on. Realizing that the deadline isn’t totally within your control in these situations will keep you from getting discouraged and feeling as though you’ve failed.



#### Create a solid contingency plan

Put a plan in place for what you’ll do and how you’ll react if something goes wrong, because chances are it will. As you strive to reach your goal, Pejakovic says, you may lose motivation or get distracted.

“We want things to happen right away, we want to feel good, and we want to feel like we’ve accomplished something. But when they don’t happen right away, we’re more likely to get distracted by something that will make us feel good,” she notes. “So we need to have a plan in place where we’re able to control for these types of factors.” Referring back to your contingency plan will help you stay on the right track when you feel as though you’re going off course.



**If something goes wrong during your journey (which, let's face it, something probably will), ensure you have a plan so you're prepared.**

“We want things to happen right away, we want to feel good, and we want to feel like we’ve accomplished something. But when they don’t happen right away, we’re more likely to get distracted by something that will make us feel good.”



**The people to help you achieve your goals may not be those closest to you.**



#### Connect with goal-oriented people

“There is nothing better than having a regular social support group of like-minded people — that means people who are also working toward goals,” says Pejakovic.

While your first instinct might be to turn to your besties for support, your friends might not actually be the best people to check in with about your goals. “Friends are usually people we have known for a long time, but that doesn’t mean we share goals and motivation for improving our lives,” Pejakovic points out. Rather, your best option is to join (or form) a good old-fashioned face-to-face support group. (“Online is the second-best option but not always as effective in keeping us accountable,” says Pejakovic.)

A great resource she recommends for finding groups is [meetup.com](http://meetup.com). This site allows you to find peer-run groups in your



community, and there's a pretty good chance you'll find one that will help you reach your goal. On the Vancouver section of the site alone there's a group for shy people, a weight-loss group that hosts expert guest speakers, a 5K to 10K running group, and loads more. The best part of the site is that if you can't find the group you're looking for, you can easily form your own.



6

### *Stay motivated throughout*

So you've been writing in your progress log every day, you're constantly chatting with your support group, and all your hard work has paid off. But you're losing motivation — and fast. “Sometimes when we're so close to the finish line, we're more likely to start slacking, we're more likely to lose focus, and we're more likely to just think about the next big thing,” says Pejakovic. But don't give up just yet.

Let's say every time you're about to start working on your goal you get distracted. Getting waylaid by the irresistible pull of Facebook and email is normal, Pejakovic says, especially at this stage. But, she cautions, “That's the worst thing that we do because we use up our productive energy on the non-important things and then when we're sick of Facebook, when we're sick of emails, when we're sick of texting, we don't have any energy left for getting down and doing the work.”

Pejakovic swears the best way to motivate yourself to work on your goals is to just sit down and do it. But here's the cool part: if you're feeling less than motivated, you can promise yourself that you'll devote only 10 to 15 minutes to the task at hand. “Once you get into working toward your goal anyways, you're more likely to stick to it,” she says. Spending even a small amount of time concentrating on your goal helps you build crucial momentum, which is key to staying motivated during the rough spots.

**You did it! All the hard work paid off, and you deserve to celebrate. In fact, it's recommended you should.**



7

### *Celebrate your accomplishment!*

You have Pejakovic's permission to start celebrating even before you've fully achieved your goal. Take the time to bask in the awesome thing you're about to accomplish.

“Usually when we accomplish goals, we celebrate for such a short period of time before we're already on to the next [goal],” she explains. “As you're coming to an end, start looking at how much time and effort you have put in, and feel proud of yourself!”

Reflecting back on the process and taking an inventory of the strengths you used and the lessons you learned along the

way before rushing on to another goal will energize you and make you feel great about yourself, she says. Once your goal is accomplished, write it down and turn it into the beginning of a list of successes. You can turn back to your success list when you're feeling discouraged about achieving your next goal and it'll pump you back up! **IFM**



# MIDDLE GROUND

BY TRACY BARBERO  
PHOTOS OF GIGI AMURAO BY ARSENIK STUDIOS INC. AT  
CITY ATHLETIC CLUB, LAS VEGAS

**A dome isn't just for stadiums — a BOSU can help carve your abs and leave you looking less like Madison Square Garden than ever before**

**TIP:**

To make it easier, widen your stance. To increase the challenge, raise one leg up at a time.

**T**he BOSU ball is a deceptively simple yet versatile piece of fitness equipment that enhances your training regimen, be it a rehabilitation plan, stretching routine, or strengthening program. It's also a fresh and fun alternative to toning up and sculpting those "loose" ends around your body. Additionally, straightforward moves like the plank become that much harder because of the added element of instability that the body must adapt to. The BOSU ball, which stands for "both sides utilized" or "both

sides up," forces your body to use additional muscle groups for balance and stability while performing strength-training exercises, says Gigi Amurao, IFBB Bikini Pro, Team Allmax athlete, and fitness coach, who designed and demonstrated this core-strengthening circuit routine. "I love that the BOSU ball keeps your routine varied and keeps your body working new muscle groups every time," she adds.

Because of the uneven surface, the BOSU ball requires you to engage your core muscles in order to maintain bal-



## PLANK

{ TARGETS: ABS, SHOULDERS, LOWER BACK }

Rest your forearms on the flat side of the BOSU and extend your legs behind you into a plank position. Your shoulders, hips, and heels should be in line. Pull your belly button toward your spine and squeeze your glutes. Keep your shoulder over your elbows the entire time.



ance, which translates to better strength, increased endurance, sharpened reflexes, and an overall better kinesthetic awareness. Try doing push-ups with perfect form on a BOSU and notice the degree of difficulty in performing such a basic, fundamental movement!

Gigi recommends performing these movements as a circuit, working up to three sets of 25 reps (with the exception of the plank; see page 66 for details). Focus on quality over quantity: keep movements slow and controlled, and your abdominals contracted the entire time.

### UP THE ANTE

To make any BOSU exercise easier, flip the ball-side up so that flat surface is on the ground. Once you feel comfortable working up to max reps, increase the level of difficulty by flipping the ball-side down.

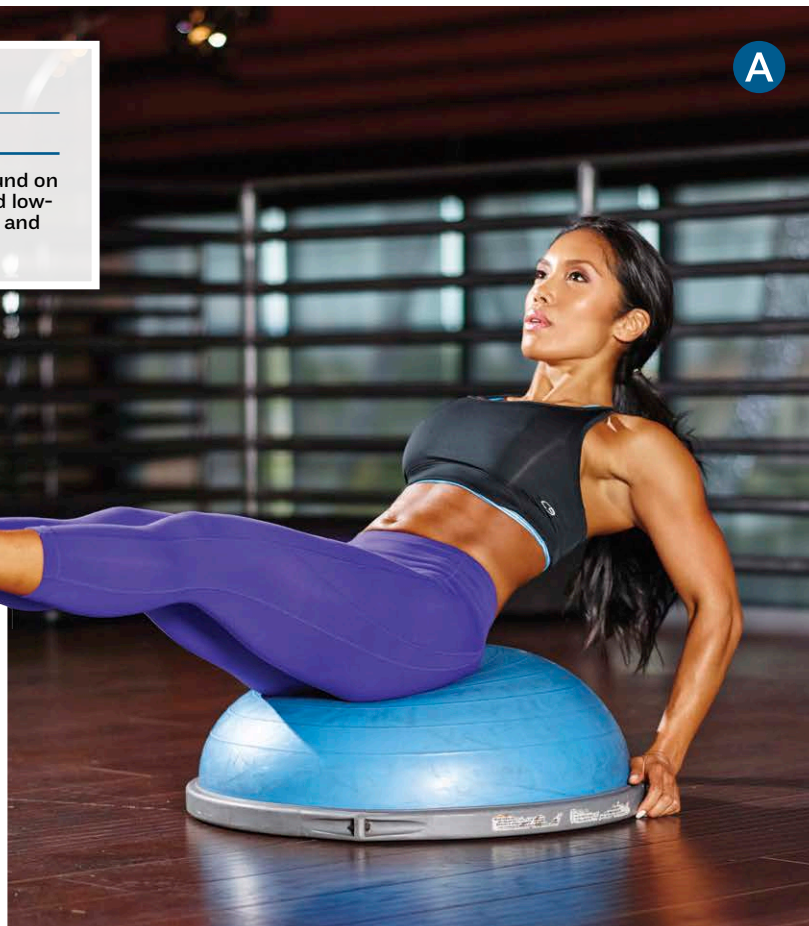


## LEG RAISE

{ TARGETS: LOWER AND UPPER ABS }

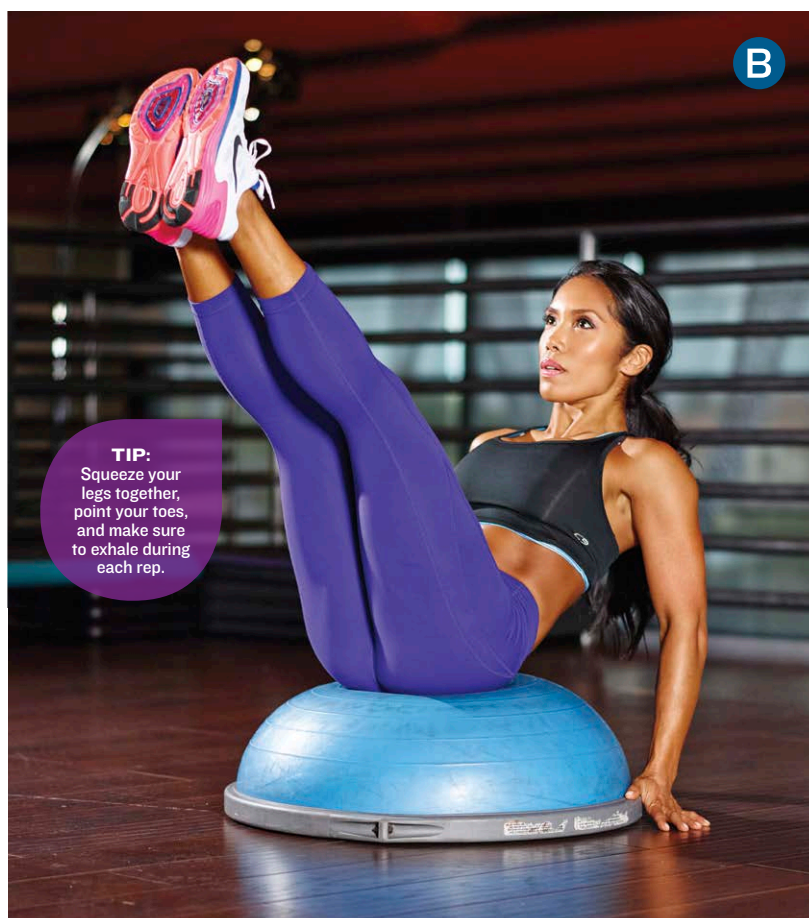
Sit atop the BOSU with your hands on the ground on either side of the ball. Straighten your legs and lower them toward the floor. Hold for a brief second and raise them straight up toward the ceiling.

A



B

**TIP:**  
Squeeze your legs together, point your toes, and make sure to exhale during each rep.



### EXERCISE

### SETS x REPS

Plank

3 x 1 min holds

Leg Raise

Mountain Climber

Hip Thrust

Crossover Crunch

Side Crunch

Work up to 3 x 25, or until fatigued



## MOUNTAIN CLIMBER

{ TARGETS: ABS, SHOULDERS, LEGS AND GLUTES }

Grab the handles of the BOSU and get into a plank position. Drive your right knee toward your chest, balancing your weight on the ball of your left foot. Switch sides and bring your left knee forward as you extend your right leg back. Continue to switch back and forth quickly, as if you are running on the spot.

**TIP:**  
Contract your abs to keep your hips from bouncing too much.

B

**TIP:**  
Drive your heels into the ground and squeeze those glutes!

A

## HIP THRUST

{ TARGETS: GLUTES, HAMSTRINGS }

Lay face up with your feet flat on the floor, and upper back and shoulders resting on the dome. Squeeze your glutes and slowly lift your hips until your body forms a straight line from your shoulders to your knees. Pause at the top for a few counts, then lower your hips to the starting position.



## CROSSOVER CRUNCH

{ TARGETS: OBLIQUES, LOWER AND MIDDLE ABS, SHOULDERS }

Grip each side of the BOSU and hold a plank position with your arms straight. Drive your left knee up, then across to the right side of your ribs, moving your torso as one unit. Repeat with the other knee, quickly alternating legs.

### TIP:

Keep your pelvis tucked under to help engage your abs.



### TIP:

Keep your upper body slightly open to the ceiling to protect your lower back.

B



## SIDE CRUNCH

{ TARGETS: OBLIQUES }

Start in a side-plank position with the highest point of the dome above your hip and your free hand behind your head. Your top leg should be outstretched and bottom leg slightly bent, resting on the ground. Simultaneously crunch your elbow and top knee toward each other. **1RM**

A





**GNC**  
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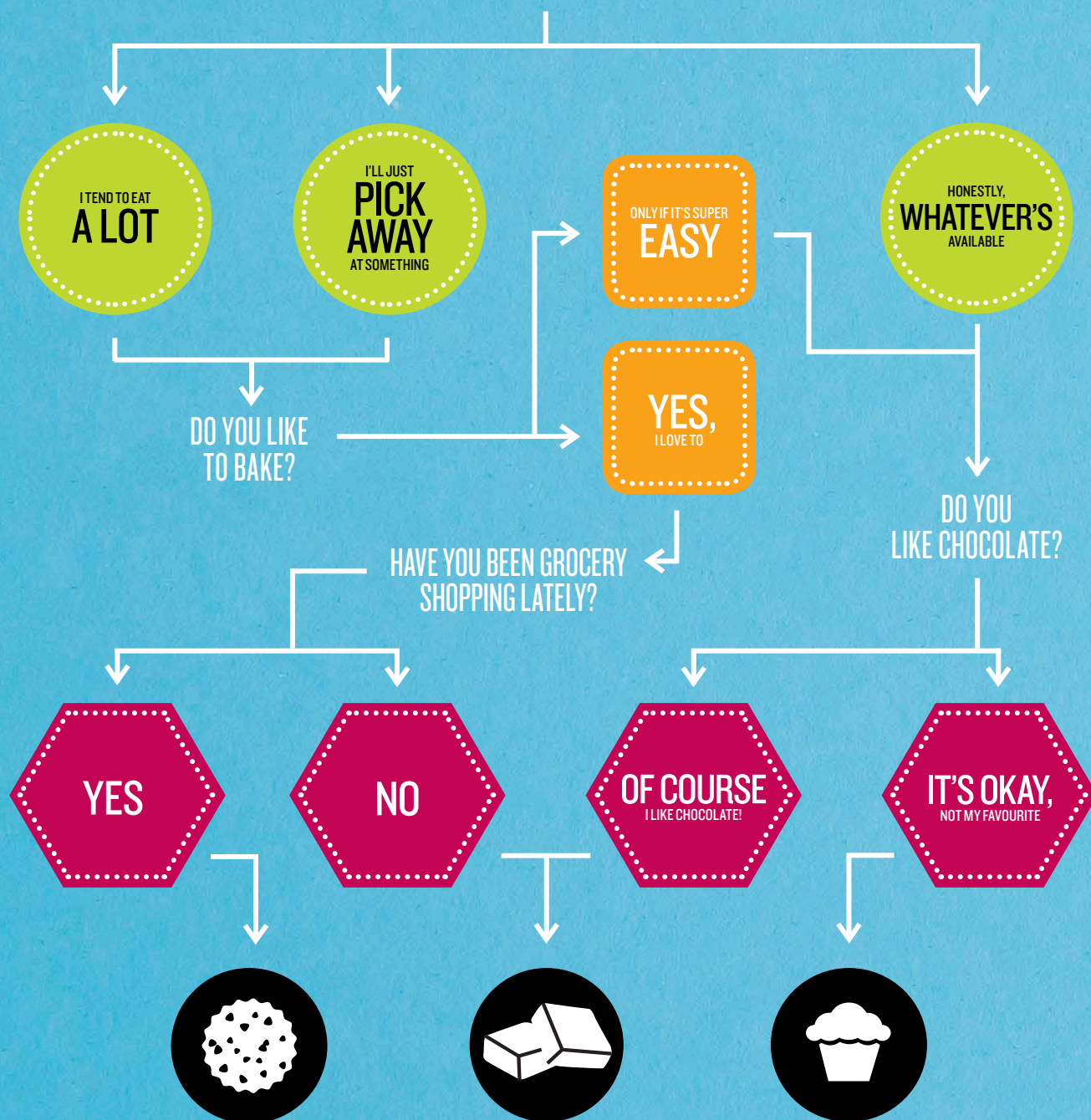
# Snack Attack

When confronted with delicious baked goods packed with protein, it can be difficult to choose one that'll best suit your fancy. That's why we've taken matters into our own hands and created a snack track that'll lead you toward your ideal recipe – all provided by international food blogger, Elise Porcelli, of [fitness treats.com](http://fitness treats.com).\*

BY BOBBY BOX

• START •

DESCRIBE YOUR SNACKING STYLE







## DOUBLE CHOCOLATE CHIP COOKIES

(MAKES FOUR COOKIES)

### DIRECTIONS

1. Mix the first three ingredients together in a medium bowl.
2. In a small bowl, melt the dark chocolate squares with almond milk in the microwave.
3. Add the melted chocolate mixture to the dry ingredient mix.
4. Add the chocolate chips and stir.
5. Divide the dough into four portions on a baking sheet covered with parchment paper.
6. Bake for 10 minutes at 375°F or until cookies look puffed.

### INGREDIENTS

- 1/2 cup ground hazelnuts
- 1/4 cup chocolate or vanilla whey protein powder
- 1/2 tsp baking powder
- 2-3 tbsp almond milk
- 2-3 squares dark chocolate
- 3 tbsp unsweetened chocolate chips

### NUTRITION (per cookie)

- 151 calories
- 8 g protein
- 4.4 g carbohydrates
- 11.7 g fat



## FLUFFY PEA PROTEIN MUFFINS

(MAKES TWO MUFFINS)

### DIRECTIONS

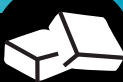
1. Mix all ingredients together.
2. Bake at 375°F in a muffin tray for 20 to 25 minutes or until an inserted toothpick comes out clean.

### NUTRITION (per muffin)

- 123 calories
- 10.3 g carbs
- 14.3 g protein
- 2.7 g fat

### INGREDIENTS

- 1 egg
- 1/4 cup fat-free Greek yogurt (or silken tofu for vegan/dairy-free)
- 2 tbsp corn starch (or arrowroot for those who want to avoid corn)
- 3 tbsp vanilla pea protein powder
- 1 tsp baking powder
- pinch of salt



## HEMP PROTEIN BROWNIES

(MAKES FOUR SERVINGS)

### DIRECTIONS

1. Blend all ingredients together in a food processor.
2. Bake in a small pan for 15 to 20 minutes at 375°F, or until the top has a shiny, papery crust.

### NUTRITION (per square)

- 147 calories
- 12 g carbs
- 9 g protein
- 7.5 g fat

### INGREDIENTS

- 1/2 cup walnuts
- 1/4 cup hemp protein powder
- 3 tbsp unsweetened cocoa
- 1 large banana
- 1 tsp vanilla extract

*\*Elise recommends you not substitute different protein powders than what the recipes state, as each acts differently.*



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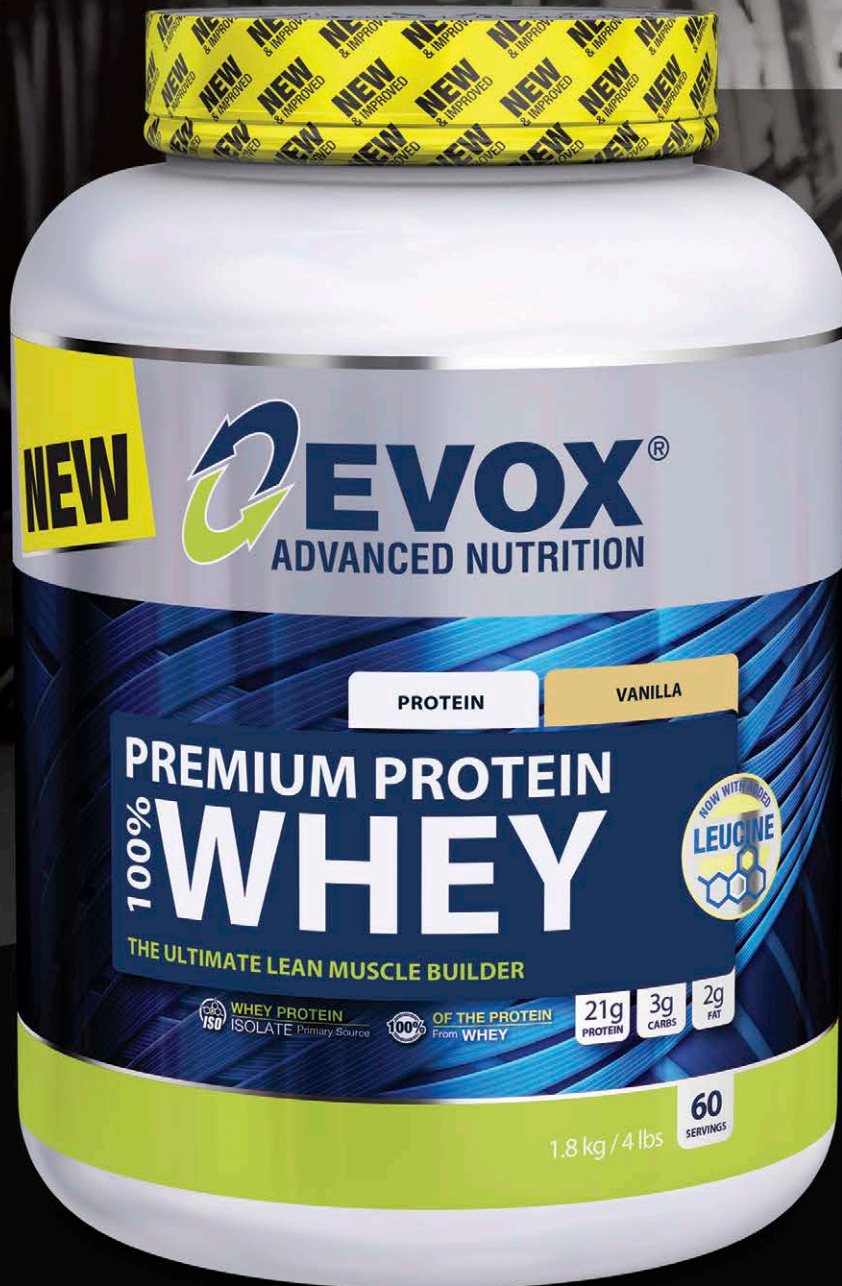


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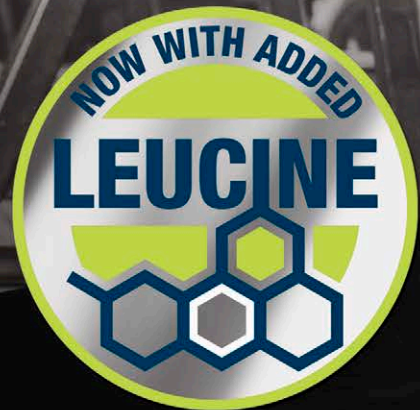




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“Everyone makes mistakes” is an often used — and, quite frankly, elementary — excuse employed to provoke sympathy in someone you’ve wronged. However, should this mistake occur at the gym, especially when heavy equipment’s involved, you could be looking at a lot more damage than losing your *Real Housewives* couch mate to an argument.

While everyone indeed makes mistakes in a general sense, many are occurring where it’s imperative they don’t. “I would say over 60 per cent of average gym-goers don’t perform exercises properly,” Stefan Overgaard, owner, founder, and head trainer at SXS Fitness in Toronto, relays. “On top of that, nearly 75 per cent of people don’t work out effectively.” Meaning to a lesser — but no less detrimental — degree, few people complete proper workouts to meet their fitness goals.

So what’s going wrong? “Generally speaking, many women lift too little weight,” Overgaard cites, adding that men make the opposite mistake, and tend to lift far heavier than they should, sacrificing form. “Certainly, there’s no risk in lifting a lighter weight, but when someone uses less load, there often isn’t enough impact on the muscles to elicit significant gains.” This is primarily because of the misconception that women will “bulk up” if they lift heavy weights. “This theory couldn’t be further from the truth,” Overgaard insists. “It’s extremely difficult for women to bulk up from increased muscle mass by lifting heavier weights simply because they don’t produce nearly the same amount of testosterone as men; but, of course, there are exceptions.”

At the same time, it’s important one doesn’t lift too heavy and risk hurting themselves — there’s a fine line between an effective workout and a dangerous one. So to ensure your workout delivers impact, not injury, Overgaard explains how to perform several valuable and effective exercises while listing common mistakes, and how they can be fixed.

# FIT FIXES

**A gym session shouldn’t precede a trip to the hospital. Here’s how you can ensure your workout is both effective and void of injury.**

BY **BOBBY BOX**  
PHOTOS OF **BELINDA KIRIAKOU** BY **ARSENIK STUDIOS INC.**  
AT **BEV FRANCIS POWERHOUSE GYM**, SYOSSET, NEW YORK







## GOOD MORNING

**What goes wrong:** Leading by “bowing” forward instead of hinging back at the hip.

**How to fix it:** Practise in front of a wall with a dowel or light bar. Start about six inches from the wall, facing away, and try to touch the wall with your butt without bending your knees or leaning into it.

**How to do it:** Begin in an athletic stance with your feet hip-width apart and your legs slightly bent. Have the barbell rest evenly on your shoulders with your hands firmly gripping the bar, and your elbows pointing straight down. Keeping your legs straight (but not locked), push your hips back, allowing your upper torso to come forward, feeling a stretch in your hamstrings while keeping your core engaged and your back flat. Once you reach the limit of your hamstrings’ range of motion, or your legs are parallel to the ground (do not go below), push up from the heels, and bring your hips back up to the starting position, squeezing your glutes at the top.



**TIP:** Squeeze your back to create some tension on the bar and to help keep your upper torso as solid as possible.



**TIP:** Squeeze your shoulder blades together while doing the movement.

## LATERAL DUMBBELL RAISE

**What goes wrong:** The movement can be too abrupt and erratic for some. This can influence one to swing the weights instead of lift them, which is ineffective and can cause injury.

**How to fix it:** Have lighter weights on hand so if you cannot finish the set without using extra momentum, you can drop down to the lighter weight mid-set.

**How to do it:** Standing in an athletic stance (feet flat on the ground, legs slightly bent), hold the dumbbells at your sides with your palms facing in. Set a proper posture by keeping your shoulders back and your chest up. Keeping your arms slightly bent, smoothly raise the dumbbells from your sides up to shoulder level. Pause, and slowly return to the starting position.



**TIP:** If balance is an issue, stare at an item roughly 4 to 6 feet in front of you instead of looking directly at the mirror.





**TIP:** Lead the movement by contracting the pecs and squeezing them together at the top of each rep.

## INCLINE CHEST FLYE

**What goes wrong:** Going too deep in the movement. Generally speaking, more range of motion is better, but in this case it can cause undue stress to the shoulder joint, which can lead to injury.

**How to fix it:** Never let your hands drop below the shoulder joint from the beginning to the end of the move. If they do go lower than the shoulder joint, drop down to a lighter weight.

**How to do it:** Sit down on a bench that's roughly at a 30-degree incline, and hold your dumbbells with your arms straight up and parallel, with your palms facing each other. Your arms should be straight when you begin, but not locked. Keeping your elbows slightly bent, lower the dumbbells in a wide arc out to the sides of your body and open up the chest until the dumbbells are about level with your shoulders. Pause and slowly return to the start in a "hugging" motion, bringing your arms back to the parallel (or starting) position.



## BULGARIAN SPLIT SQUAT

**What goes wrong:** Too much weight is placed on the elevated leg, causing additional pressure and discomfort on that ankle or foot.

**How to fix it:** Shift most of your weight on the front foot, almost lifting the back foot off of the bench as you come up — just don't let the heel of the front foot come off the ground! If your front foot does happen to lift, try to position your foot farther away from the bench and sink straight down instead of shifting forward.

**How to do it:** Standing in front of a bench holding dumbbells at your sides, reach one leg back and place the top of that foot on the edge of the bench. Position your front foot so your heel is lined with the front of your hip. Maintaining shoulders back and level, sink straight down into a split squat until your hips are at the same level as your front knee (or slightly below). Drive up from the heel of your front leg until you're back to the starting position. Keep your front knee lined up with your big toe, and don't let it cave in.



## LYING DUMBBELL TRICEPS EXTENSION

**What goes wrong:** Elbows flare out (or wobble) attempting to lift weight that's not manageable. This is very common, since this exercise recruits muscles that aren't often impacted.

**How to fix it:** Pull your elbows in slightly as you go through the extension. The elbows will naturally flare out as the exercise gets more difficult, so if you still can't keep your arms parallel, simply try using lighter weights, even switching out mid-set if necessary.

**How to do it:** Lying flat on a bench, facing up (in the supine position), hold the dumbbells with your arms straight up and perpendicular to the body so that your wrists, elbows, and shoulders are perfectly aligned. Keeping your upper arms (shoulder to elbow) pointing straight up and parallel, bend your elbows so the dumbbells come down toward your shoulders. Smoothly extend (straighten) your arms back to the starting position so that your arms are completely straight and perpendicular to your body.



**TIP:** Keep your shoulders away from your ears and keep your neck long. To do this, engage through your lats and serratus anterior (your back) to hold your shoulder girdle stable. This position will provide more isolated movement in the triceps.



**TIP:** Never fully extend the arms when you complete the lowering part of the movement, and keep your arms slightly bent so the biceps are under tension.

## BARBELL CURL

**What goes wrong:** The upper body rocks back and forth as overcompensation in order to get the weight up. This offloads tension from the biceps to other areas of the body — including the back, which can lead to injury.

**How to fix it:** Do the exercise with your back pressed up against a wall and/or use a lighter weight.

**How to do it:** In an athletic stance (feet flat on the ground, legs slightly bent), keep the barbell in front of your hips, holding the bar with an underhand grip (supinated). Your arms should be straight but not locked, your shoulders back, and your chest up. Keeping your elbows back, curl the barbell up toward the shoulders, moving only from the elbows and squeezing the biceps at the top of the movement. Slowly go back to the starting position.

## BICYCLE CRUNCH

**What goes wrong:** As the exercise becomes more difficult, one may pull his or her head forward as a means of overcompensation. What this actually does is place unnecessary strain on the neck.

**How to fix it:** Don't interlock your fingers behind your head. Pull your chin in so that the back of the neck stays long as you come up in the movement.

**How to do it:** Lie on your back with your knees over your hips and bent at a 90-degree angle. Place your hands behind your ears with your elbows out to the sides. Pull your belly button toward your spine and keep your shoulders down from your ears as though you're trying to elongate your neck. Extend your right foot away from your body (the closer it goes to the floor the harder this will be), then twist from your right lower ribcage toward your left hip (so you engage your oblique muscles); your right elbow and left knee will move toward each other. Next, switch sides and extend the left foot away while the left elbow moves toward the right knee. **IFM**



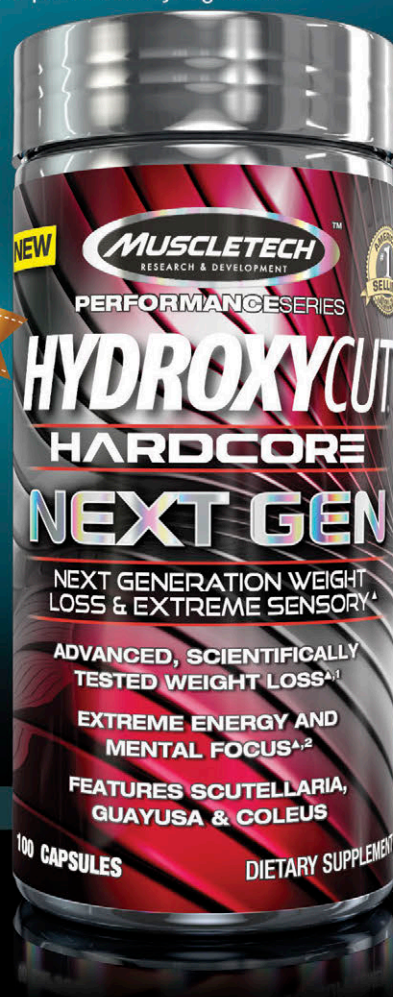
**TIP:** Try your best to keep your elbows back at all times and lead with your lower ribcage toward your hip instead of trying to simply touch your elbow to your knee. This way, you'll get a more complete range of motion.



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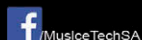
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*Every experience in which you choose to stop, look fear in the face, and confront it head on, you grow your confidence muscles.*



# CULTIVATING CONFIDENCE

*Believing in yourself is sometimes easier said than done. Fortify your self-esteem and kill it in the gym today with these real-life solutions.*

BY GILLIAN MANDICH  
ILLUSTRATIONS BY MARK COLLINS

**H**ave the jitters ever kept you away from the gym — or from trying a new exercise routine? Or perhaps you've felt gym-timidated staring at yourself in the wall of mirrors in a workout room? The reality is that at some point in their lives, everyone from the seasoned workout veteran to the new kid on the (gym) block has probably come up feeling a bit inadequate in the confidence department.

Sometimes, in the face of a new workout, challenge, gym, or fitness activity we experience feelings of self-doubt. It's important to know that these feelings are totally natural; these feelings are our mind's way of guarding against failure. (We tell ourselves if we don't try, then we can't fail, right?) However, as easily as our mind can trick us into feeling self-doubt, we can just as surely put on our sassy pants and crank up the confidence. In fact, cultivating confidence in the face of a challenge is actually one of the most important things we can do to achieve a fit mind and body. Having confidence is like having a silent superpower that plays a key role in success — both on and off the weight-room floor. In fact, science has shown that confidence is as important as competence when it comes to achieving goals. Legendary psychologist, Albert Bandura, found that a person's view of their ability profoundly influenced their success, and that higher levels of self-confidence are associated with superior performance.

## Confidence Crushers

So, if confidence is critical to success, why don't we all have it in spades? Enter pesky culprits like perfectionism, fear, self-doubt, guilt, shame, and limiting beliefs. These feelings are like kryptonite to confidence — they can hold you back and limit your thought patterns. And, while these emotions may be familiar and keep you in your comfort zone, they can also hinder your fitness and personal growth. Research on brain plasticity shows that our brain physically changes in response to new experiences, thought patterns, and behaviours. This means that we can actually re-wire our brains to think differently, and cultivate confidence.

## Boost Your Belief

Just like taking the first step into the gym to begin your workout, you have to start with small steps to build confidence. In addition, just like fitness, confidence in the gym can translate to confidence in other parts of your life. Expert fitness writer and trainer, Jen Sinkler, describes her experience as such: "One of the perks of being a trainer is — far more than reshaping bodies — getting to help reshape the conversation. Once that sort of positivity is set in motion, it tends to bleed into all areas of life."

Building confidence may sound easier said than done, and feeling confident might seem like a daunting task at times, but the good news is that just like you can hit the gym to build strength, confidence is like a muscle — you can use it over and over again, and it will grow stronger and stronger. And







Those closest to you should reflect the qualities that you wish to possess.

even when you aren't feeling really confident, you can still take small steps to begin and it will build. It's like smiling — science has shown that our bodies can't tell the difference between a real or forced smile. So, if you are feeling unhappy you can move your mouth into the shape of a smile and your body will respond in the same way physiologically as if you were smiling because you are happy. The same principle can be applied to confidence — you can make headway and move in the right direction even if confidence isn't coming naturally. If you begin with even facing one small task that usually gives you a tiny bit of self-doubt, the momentum will start to grow from there.

### ***There are many proven ways to boost confidence***

**Love yourself, or applaud your flaws.** As much as this nugget is overused and trite, it is true: no one is perfect. Confidence comes from loving yourself for who you are — and for who you are not. When you applaud your fears, quirks, and neuroses, they suddenly become your assets. If you feel insecure

about your body, learn to embrace your goods and then you can teach others to also embrace theirs. By celebrating your strengths and acknowledging and applauding all of your imperfections, you can find ways to capitalize on what you are good at and delegate or get help in the areas where your weaknesses lie. This can also be a reciprocal confidence booster: knowing your strengths and what you can help others with will build your confidence and, by the same token, when others help you, it will make them feel good and, in turn, build their confidence.

**Own your feelings.** No matter what the circumstance, it is important to not play hide-and-seek with your emotions. By taking ownership of how you feel (whether bad or good) you can take responsibility and

***Confidence comes from soaring with the eagles, not dredging in the weeds.***

move forward, creating more of the emotions that boost your confidence and less of the ones that don't.

**Learn to say “no” and “I don't know.”** Honesty is the best policy, and when it comes to confidence, it's important to be honest with yourself — and know when to say “no” and “I don't know.” Cultivating the cour-

age to not over commit or make false promises is critical. It is better to be upfront and speak your truth from the beginning instead of telling a white lie, making excuses for not following through, or creating an obligation-clogged calendar. Also, it's important to acknowledge that we can't do and know everything, and having the courage to ask for help, admitting when you don't know something, or seeking answers from others can facilitate your



learning. Confidence grows as you gain more knowledge and continue to learn.

**Build a positive support network.** Social persuasion is a powerful tool for combating self-doubt. Whether you are choosing a workout partner or friends, it is important to remember who you surround yourself with will either lift you up or drag you down — confidence comes from soaring with the eagles, not dredging in the weeds. Especially when your insecurities are much louder than your confidence, surrounding yourself with people who believe in you will help build your skills and abilities. When people you trust encourage you, it helps affirm that you have what it takes to succeed. And, by that same token, you can lift yourself up by lifting others up. Helping others doesn't impede on your own accomplishments; rather, it highlights them because when you help others succeed, it makes you feel good and confident in your abilities.

**Practise makes permanent.** Research has shown that successfully mastering a task strengthens your belief that you can achieve the same success in the future. This means that when you succeed at something once, you will feel more confident that you can do it again. You can start small and find ways to have tiny wins, because those small victories will build over time and you will soon accumulate many examples of success. And as you move forward, don't let setbacks along the way (they are normal) get you down; keep your eye on the prize. Giving up on your goal because of a setback is like slashing your other three tires because you got a flat.

**Mirror, mirror on the wall.** In psychology, the "mirror theory" describes how the qualities you see in others are reflecting back parts of you. Witnessing others succeed increases your belief that you too have the ability to succeed in a similar way. For example, the more you watch your friends run marathons, the more you may begin to believe that you could also accomplish such a feat.

**Self-care = self-love = self-confidence.** Good grooming is absolutely essential to displaying confidence. We all know what it's like to walk out of a hair salon with swagger because your hair is freshly cut and styled. When you take time to care for and show your body love, you show yourself (and others) that your body deserves love. You set the precedent for how you expect your body to be treated. And

while it isn't always easy to love yourself, Katie Dalebout, author, life coach, and host of the *Wellness Wonderland* podcast, affirms that it is essential. "You must be loving toward yourself and speak to yourself kindly," she says. "It will take you far, and genuinely make you happier and more confident."

**Stand tall.** Your posture follows you like a shadow. And if your shadow is tall and strong, it brings with it an automatic feeling of confidence. When you shrink, draw your shoulders in, or slouch, your body sends the message that you are timid, shy, or self-doubting.

**Face your fears.** Fear is something we all experience, and every situation in which you feel fear brings you a choice — and the difference between being a confident superhero and playing the victim is how you respond to that choice. The way you think and act teaches your body what to do with fear. Every experience in which you choose

## *Giving up on your goal because of a setback is like slashing your other three tires because you got a flat.*

to stop, look fear in the face, and confront it head on, you grow your confidence muscles. So whether it's taking a deep breath and walking into the gym for the first time in months or trying your first-ever CrossFit class, taking that step into your fear is guaranteed to boost your confidence.

**Go your own way.** Confident women don't wear, listen to, speak, or become anything they

don't believe in. They are authentic and don't compare themselves to what others have said or done. They have the confidence to find what makes them happy because they are brave enough to look within. It is a short trip to feeling unhappy and inadequate if you compare yourself to others, and so to find your inner confidence it's important to focus on what is right for you and take pride in who you are. And to start that, Sinkler recommends, "Own your abilities and toss out the script." Dalebout echoes the same recommendation: "Be authentic. Be who you actually are. Be vulnerable. All people want is for you to be real with them. People can smell when you're being fake a mile away. It doesn't feel good for them, and it sure doesn't feel good for you, so you might as well be real." IFM



Leaving negativity behind you is a courageous, but necessary, first step.



A full-page photograph of a woman, Marie Blanchard, standing on a red running track. She is wearing a blue and white sports bra, black leggings, and grey Adidas sneakers. She has her hands on her hips and is looking towards the camera. The background shows a track with hurdles and a building.

# BODY LANGUA

Stop thinking of body weight as the enemy and start thinking of it as nature's greatest training tool

BY ALEX ZAKRZEWSKI  
PHOTOS OF MARIE BLANCHARD BY BRIAN LANDIS



# GE

**F**or all serious trainers, the gym is more than a collection of weights and machines — it's an office, a temple, or even a Fortress of Solitude. It's the place where mind and muscle work together as one to hone the body into a specimen of physical perfection. While all that might be true most of the time, let's face it: between waiting in line for machines, forcing awkward conversations with Chatty Cathys, and listening to bogus sales pitches from pushy gym reps, there are times when the gym feels less like a sanctuary and more like the mall at Christmas.

Sometimes it's good to give the gym a break and train amidst the majesty of the great outdoors. Where are the weights, you ask? You are the weight! Everyone seems to have forgotten that some of the best exercises for scorching fat and building defined, lean muscle are body-weight movements that require nothing more than a good attitude.

"Most body-weight exercises are compound movements that have been shown to burn more calories and are extremely effective at improving overall strength," explains Xenia Busigin, CPTN-CPT, Bikini and Figure competitor, and Allmax representative. "There are so many exercises with so many variations that you will never get bored, and it doesn't cost a thing." Even if you're not willing to abandon your gym routine altogether, introducing body-weight movements into your workouts is beneficial for building added strength and endurance as well.

Another often overlooked advantage to body-weight moves is that they're more efficient than machines and free weights, given that they take no time to set up and can be performed rapidly one after the other, virtually anywhere. "You can get a lot of work done in a short amount of time by supersetting body-weight exercises and performing intervals," says Busigin. "Doing so will really crank up the intensity, which will ramp up your metabolism for a longer post-exercise calorie burn." In other words, a solid interval training routine won't just get you sweating like a Kardashian in a spelling bee, it will also keep your body burning calories throughout the day.

The following body-weight circuit workout utilizes the strength-building, body-toning benefits of interval training. Perform three alternating sets of circuits A and B for six total sets. Do not rest between exercises, but do rest one minute between circuits. After the final circuit, rest one minute before performing 10 sets of stair sprints. To reap the full rewards of this high-intensity routine, make a point of doing it at least two to three times a week.



## YOUR PERSONAL BODY BLAST

### CIRCUIT A (x3)

- 1) Push-Up (20 reps)
- 2) Mountain Climber (50 reps)
- 3) Jump Squat (20 reps)

### CIRCUIT B (x3)

- 1) Body-Weight Squat (20 reps)
- 2) Downward to Upward Dog (15 reps)
- 3) Fire Hydrant (15 reps)
- 4) Switch Lunge (30 reps)

### BURNOUT

Stair sprints (one staircase up and down, 10 times)

### BONUS SUPERSETS

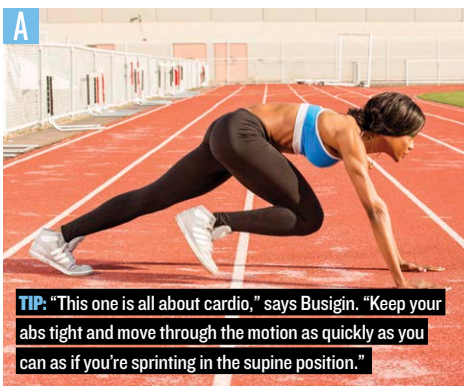
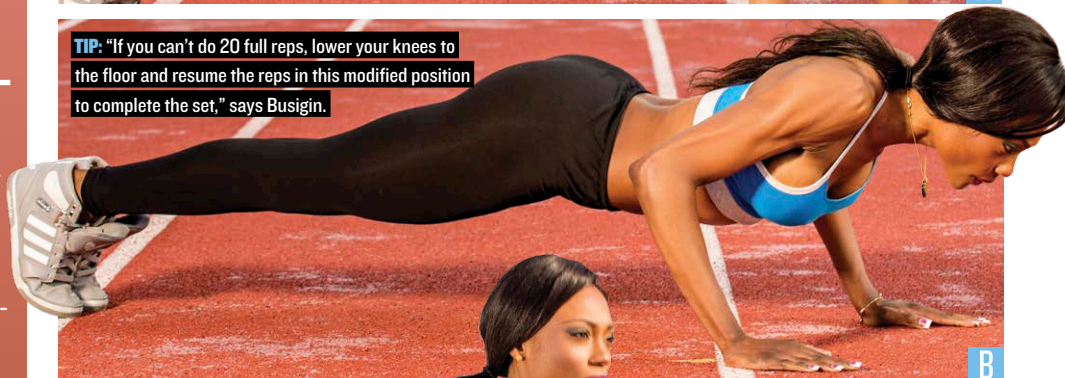
"Finish off with a few extra supersets of body-weight squats/jump squats," says Busigin. "Do 20 body-weight squats, then go straight into 20 explosive squats. Do this a few times and you will really feel the burn!"

### PUSH-UP

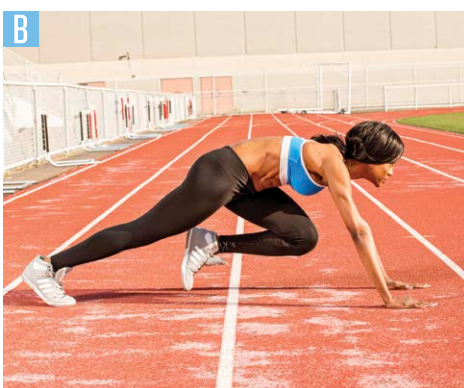
**TARGETS:** Chest, triceps, shoulders, core  
Place your hands on the floor roughly shoulder-width apart with your legs behind you. Lower your body by bending at the elbows until your chest is a few inches from the floor, then return to the starting position by extending your arms.



**TIP:** "If you can't do 20 full reps, lower your knees to the floor and resume the reps in this modified position to complete the set," says Busigin.



**TIP:** "This one is all about cardio," says Busigin. "Keep your abs tight and move through the motion as quickly as you can as if you're sprinting in the supine position."



### MOUNTAIN CLIMBER

**TARGETS:** Shoulders, core, glutes, hamstrings

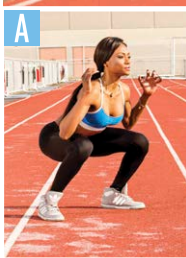
Take a push-up position with your hands roughly shoulder-width apart. Keeping your body aligned, bring your right knee in toward your chest. Return to the starting position, then immediately repeat the movement with your left knee.



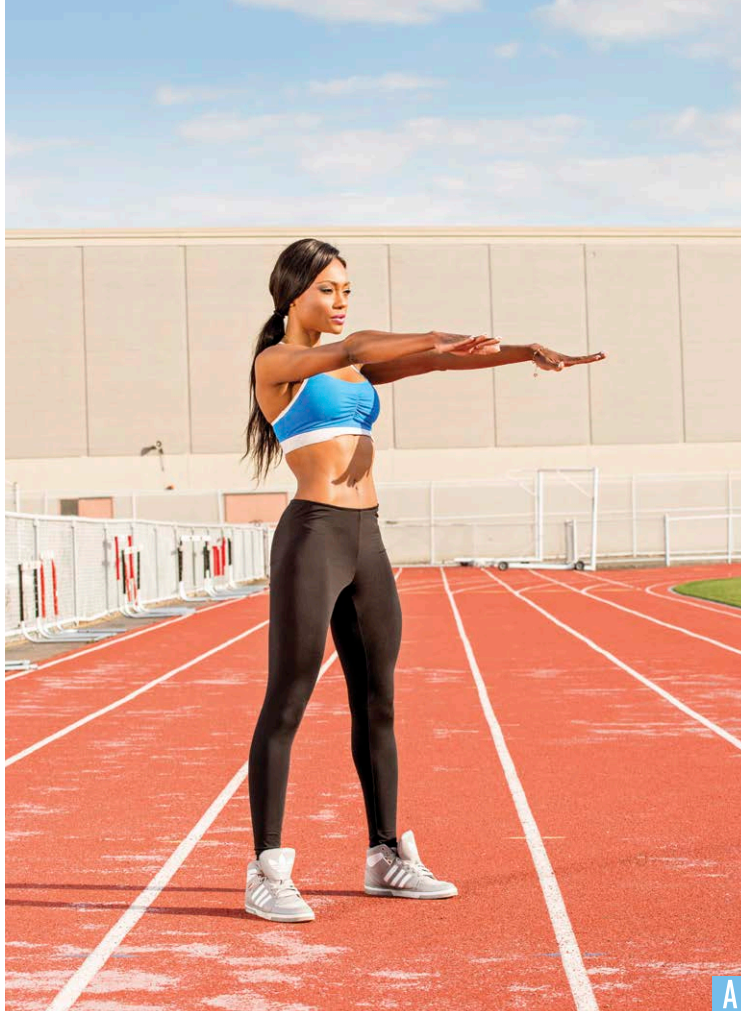
### JUMP SQUAT

**TARGETS:** Glutes, quadriceps, hamstrings

Stand with your feet about shoulder-width apart and knees slightly bent. Descend into a squat by throwing your hips back and bending your knees. Once you have reached the point at which your thighs are roughly parallel with the floor, explosively reverse the motion and jump off the floor as high as you can.





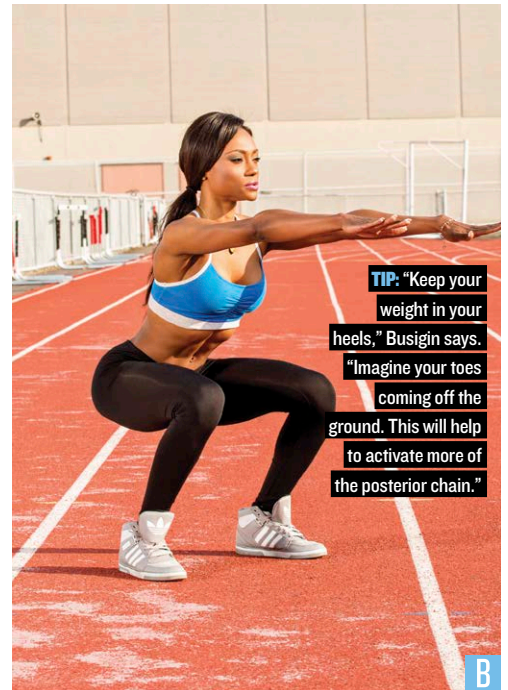


A

## BODY-WEIGHT SQUAT

**TARGETS:** Glutes, quadriceps, hamstrings

Take a relaxed stance with your knees slightly bent and feet shoulder-width apart. Bend at the hips and knees to lower your upper body into a squat position. Pause for one count, then return to the starting position by pressing through your heels and extending your knees and hips.



B

**TIP:** "Keep your weight in your heels," Busigin says. "Imagine your toes coming off the ground. This will help to activate more of the posterior chain."



**TIP:** "How low can you go?" challenges Busigin. "The lower you get to the ground, the more challenging this exercise becomes."

## DOWNWARD TO UPWARD DOG

**TARGETS:** Arms, back, core, legs

Start by taking a downward dog position with your body facing the floor and hips pointed toward the ceiling so that you form an inverted "V." Keep your back straight and legs fully extended. Drive your hips toward the floor while simultaneously raising your head toward the ceiling so that your lower body is parallel with the floor but your upper body is pointed up (not shown).



## LEG LIFT TO SIDE CRUNCH

**TARGETS:** Arms, shoulders, glutes, obliques, quadriceps

In a push-up position, extend your right leg upward until it forms a straight line with your arm, diagonally. Bring your leg in toward your arm, knee bent and facing outward, until your right knee touches your right elbow. Return to the starting position, and complete your reps before switching sides.



**TIP:** "Squeeze your glutes during the exercise for best results."



**TIP:** "Land as low in the lunge as you can for each rep. Staying low increases the tension on your glutes, hamstrings, and quads, yielding better results."



## SWITCH LUNGE

**TARGETS:** Glutes, hamstrings, quadriceps, core

Begin by standing with your back straight and knees slightly bent. While keeping your upper body tall and vertical, step forward with your right leg and bend into a front lunge. Quickly jump up, switching the position of your legs so that you once again land in a lunge position, this time with your left leg extended forward. This is one rep. Repeat rapidly. **TIP**



If the workout provided wasn't enough, top off your workout with stair sprints.



# MAXIMUM ENERGY



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# Blend Better

**Treat yourself to  
healthful, high-class  
flavour with these  
fruity fixes**

BY ANNA REDMAN

▶ Snag a dose of super fuel when you make any of these quick and easy next-level smoothies. Packed with perfectly paired fruits and veggies, these thirst quenchers will help you power through your day and maximize your results at work, in the gym, and at home. Make the switch from ramped-up snack to satisfying meal by adding creamy protein (like nut butters), fibre and folate (with avocado), a pinch of omega-3s (such as chia seeds or hemp hearts), or a daily dose of antioxidants (with cacao powder). The choice is yours!



## Banana Bonanza

*Boost your potassium.*



## Strawberry Sensation

*A berry good sip.*



## Kiwi Kickstarter

*A new way to vitamin C.*



## Optimal Orange

*Brighten up your breakfast.*





## Strawberry Sensation

### BLEND TOGETHER:

- » 1 scoop protein powder
- » 1 banana, sliced
- » 5 large frozen strawberries
- » ½ cup orange juice with added calcium and vitamin D
- » ½ cup low-fat strawberry yogurt

### NUTRIENTS

**Calories:** 451

**Fat:** 0,5 g

**Carbohydrates:** 74 g

**Protein:** 36 g



### BODY BENEFITS

Carrots aren't the only food rumoured to have vision-enhancing properties. Snacking on a serving of strawberries could help to prevent cataracts, thanks to this berry's antioxidant properties.



**FITNESS**

## Banana Bonanza

### BLEND TOGETHER:

- » 1 scoop protein powder
- » 1 banana, sliced
- » 1 cup almond milk
- » 1 tsp vanilla extract
- » 1 egg
- » 3 ice cubes
- » 1 tbsp maple syrup
- » A pinch of cinnamon

### NUTRIENTS

**Calories:** 386

**Fat:** 10 g

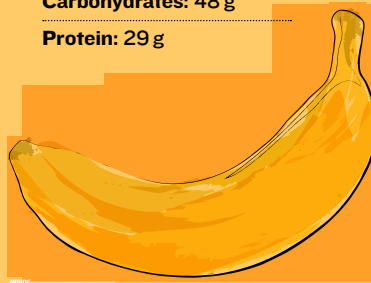
**Carbohydrates:** 48 g

**Protein:** 29 g



### BODY BENEFITS

Not only do bananas fuel your body with powerful potassium, they also help protect against type 2 diabetes, strengthen your nervous system, aid in weight loss, and give you a healthy dose of magnesium and vitamin C.



**FITNESS**

## Optimal Orange

### BLEND TOGETHER:

- » 1 scoop protein powder
- » 1 banana, sliced
- » 1 orange, peeled
- » ½ cup vanilla non-fat yogurt
- » ½ cup orange juice with added calcium and vitamin D
- » 3 ice cubes

### NUTRIENTS

**Calories:** 443

**Fat:** 2,4 g

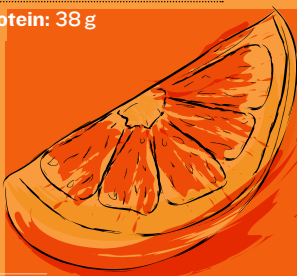
**Carbohydrates:** 80 g

**Protein:** 38 g



### BODY BENEFITS

Oranges, an often-ignored citrus sensation, will instantly boost the powers of any smoothie. Giving you a beneficial makeover both inside and out, it can improve your skin, ramp up your immune system, and help to outsmart kidney stones, certain cancers, ulcers, and arthritis.



**FITNESS**

## Kiwi Kickstarter

### BLEND TOGETHER:

- » 1 scoop protein powder
- » 1 kiwi, peeled and sliced
- » ½ cup pineapple, chopped
- » 1 cup spinach
- » 3 ice cubes
- » 1 cup low-fat plain yogurt

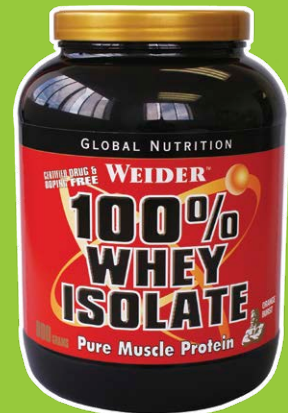
### NUTRIENTS

**Calories:** 341

**Fat:** 4,75 g

**Carbohydrates:** 51 g

**Protein:** 38 g



### BODY BENEFITS

Research from Taiwan discovered that kiwi is actually an unassuming superfood that can improve both quality and quantity of sleep, in addition to improving heart health and respiratory function.



**FITNESS**



# Stay well with Health Intelligence magazine

We find out what keeps go-getter cover model Lisa Raleigh at the top of her game



In the Jul/Aug issue ...

## FOCUS ON FITNESS

What we can learn from athletes

Olympian Kirsty Coventry  
on going for gold

Martial arts: the workout  
that packs a punch

### Mind matters

**De-stress your life** Learn to calm down and live a better life

**Beware of positive thinking** Why there's not always a bright side

**Pleased to meet you!** How to make a good first impression

### Keeping healthy

**Know your type** How your blood type can affect your health

**Join the martial arts craze** Tips to pack a punch

**Fibroids & ovarian cancer** All you need to know

### Looking good

**Your most embarrassing beauty questions** We have the answers

**Beauty no-nos** Stop these skin sins now to look younger for longer

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Get on the right side of your fitness routine by giving your left and right some individual attention

# PLAYING UP BOTH SIDES

BY ANNA REDMAN  
PHOTOS OF AMY ROZIER BY EVA SIMON



**N**ormally we wouldn't sanction the idea of playing one side against the other, but when it comes to this unique workout that tackles each side of the body separately, that's exactly what we want you to do. With the help of one versatile piece of equipment, this routine will guide you to that upper-body makeover you've been looking for, in as little as four to six weeks.

"It's important to incorporate cable exercises into your regular workouts because they vary angles and direction, reaching muscles and improving movement in ways that other machines and free weights can't," notes Jennifer Ettinger, fitness and lifestyle expert, and ambassador for New Balance Canada and Vitamix. "From pushing and pulling, to lifting things over our heads, the muscles are activated in a functional motion." Focusing on one side of the body at a time gives you an in-depth, focused routine, which ultimately leads to a total body transformation. "Left-to-right asymmetries seem to be the most common problem associated with the risk of injury," Ettinger notes. "This workout will aid in balancing the muscles by working each side independently." Aim for three sets of 12 reps for each exercise using a weight that will get you to the end of each set with no issues. Finally, to up the ante, you'll burn out with a set of dips to set your upper body on fire.



**TIP:**  
Keep your elbow steady or you will lessen the effectiveness and shift the focus from your arm to your chest.

### ONE-ARMED CABLE CURL

Stand next to the cable machine, holding a low-set handle in your right hand. Keep your feet shoulder-width apart and ensure that you are far enough from the machine to bring tension into the cord, even with your arm extended. Slowly curl the handle up toward your shoulder, until your forearm meets your biceps. Squeeze your arm before returning the handle to the start. Finish your set, then switch sides.



### ONE-ARMED CABLE LATERAL RAISE

Stand beside the station, pulley set low, with the weight stack closest to your right side. Hold the handle in your left hand and, keeping a small bend in your elbow, raise your arm straight out to the side, moving only from the shoulder. Pause at the top, then slowly reverse to the starting position. When your set is done, repeat on the right side.

**TIP:**  
Be sure to prevent your hand from travelling higher than your shoulder.





## ONE-ARMED HIGH CABLE CURL

Continue standing next to the machine with the handle set to a high pulley. Using an underhand grip, keep your biceps parallel to the ground and your feet shoulder-width apart. Exhale and slowly squeeze your biceps, flexing your elbow until your forearm makes contact with your biceps. Inhale and return your arm and the cable to their starting positions. Complete your reps, then turn around and repeat.

### TIP:

Keeping your resting hand on your hip during this exercise will make it easier for you to maintain your balance.



## SPRING CLEAN YOUR ROUTINE

*Use these top five tips to make your lifestyle even healthier.*

**1) GET TECHY:** "The mainstream use of online workouts offers convenience and ease when it comes to your daily workouts — and no more excuses!" shares Ettinger. Plus, it's easy to track your progress at home. "Everything from watches to apps make monitoring your fitness levels and activities easier and more accurate than ever before."

**2) GO SLOW FOR EVEN MORE IMPROVEMENTS:** "Exercises like yoga and meditational movements can refresh the body and calm the mind," Ettinger explains.

**3) POWER UP:** "Before a workout, focus on carbohydrates to fuel your muscles' energy stores, along with smaller amounts of protein to help protect muscles and reduce post-exercise soreness," Ettinger advises. Try a tablespoon of natural nut butter with a small banana.

**4) RAMP UP RECOVERY:** "After your workout, go for a combination of carbs with a bit more protein than your pre-workout snack to help rebuild and repair muscles and tissue." Scoop up a small tub of Greek yogurt topped with fruit.

**5) SCHEDULE IT:** "Determine your most productive time to exercise and book it into your calendar to ensure you always get your session in," Ettinger advises.

### TIP:

For maximum impact from this move, keep your elbow stable and tight to your side.



## ONE-ARMED EXTERNAL ROTATION

Set the pulley just below chest level and stand so it is closest to your right side. Hold the handle in your left hand and bend your right arm to 90 degrees, forearm parallel to the ground, elbow touching your side, and hand in front of your body. Pull the handle with your left hand, bringing the cable across your body. Return with control to the start; when your set is complete, switch sides.





**TIP:**  
If your shoulders rise during this exercise as you lower the weight, reduce the resistance.

## ONE-ARMED CABLE PRESSDOWN

Stand about an arm's length away from the cable machine, pulley set high, and hold the handle at chest height with an overhanded grip, arm tucked close to your side. Extend from your elbow, lowering the handle until your arm is almost straight. Exhale and squeeze your triceps as you press, then inhale as you return to the start. Complete all reps, then work your other arm.



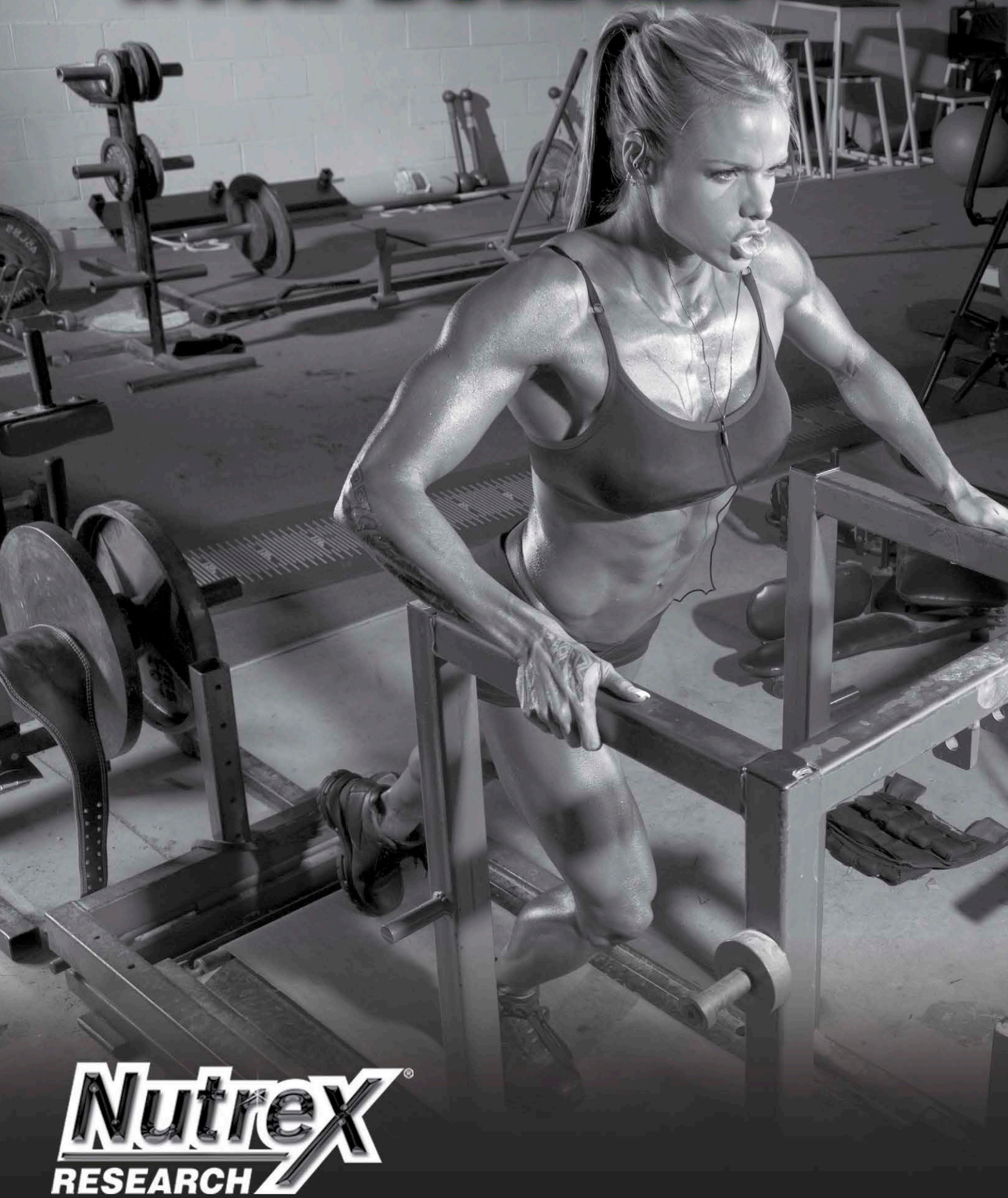
## BENCH DIP

Place both hands on a bench behind you, and bend your knees with your heels planted on the ground. Bend your arms to dip your body until your shoulders are in line with your elbows. Push yourself back up slowly, extending your arms and squeezing your triceps as you move. **IFM**

**TIP:**  
Be wary of dipping too low, as this can cause extra unnecessary strain on your shoulder joints.



# A **FAT BURNER** That



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# WORKS

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# Fast and Furious

**Bored with your current routine? Take your total-body training to the next level now (yes, NOW).**

BY LAUREN JACOBSEN  
PHOTOS OF ANNA BABIJ BY ARSENIK STUDIOS INC.  
AT BATTLE ARTS ACADEMY, MISSISSAUGA, ON

Total-body indulgence – at the spa it's a dream come true, but if fitness is the name of the game, the story is a little different. As long as you've been able to free up time in your busy schedule, the idea of being in the lap of luxury for several hours is extremely appealing. But when you're overwhelmed by feelings of exhaustion rather than ecstasy, you may feel inclined to apply the "Band Aid" mentality to your head-to-toe commitment. Do it quickly, and get it over with as quickly as possible – and that's where high-intensity interval training (HIIT) comes in. This routine requires only 30 minutes of your time, three days a week, which means it will fit perfectly into your hectic calendar and may even leave you some bonus time for that fantasy spa visit!



B



## DOUBLE THE BENEFITS

By combining full force with movements that target multiple areas, the compound nature of this routine means that you are getting the most bang for your buck (think of it like a hair cut with a bonus head massage). Not only will these movements help you to build a solid foundation of lean muscle, but they'll also torch fat in an impressively short amount of time.

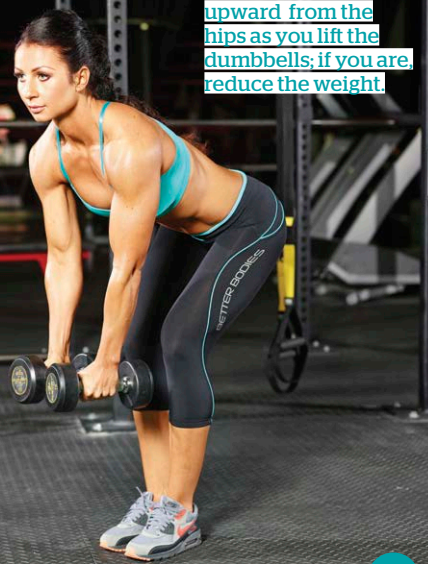
## A WINNING COMBINATION

Make this routine circuit-style, doing all moves back-to-back in the order reflected in these pages and performing it from the top at least three times. If a move calls for weights, try to lift one that is at least 50 per cent of your one-rep maximum. And if your primary focus is burning fat, try adding some HIIT-style cardio sessions for optimal results. Just make sure that you also allow for adequate rest; a 48-hour relaxation period between workouts is essential for full muscle recovery. But regardless of whether you're looking to slim down, tone up, or show off some super-defined muscles, this workout can help you reach your goals in just four to six weeks.

## REAR-DELT FLYE

Stand with your feet together, holding a dumbbell in each hand with your palms facing in. Lean forward from your hips to bring your torso about 45 degrees from the ground, allowing your arms to hang below your shoulders. Raise your arms up and out to the sides, turning your thumbs down at the top of the move. Pause, then reverse and repeat.

**Tip:** Make sure that you aren't moving upward from the hips as you lift the dumbbells; if you are, reduce the weight.



A

## THRUST PLANK

Get into a plank position, hands shoulder-width apart on the floor. Keep your core tight and your back flat. From this position, bring both legs forward, using your abdominals to pull your knees up to your chest and into a squat, then jump your legs behind you into the plank position.



B



**Tip:** Add in a push-up between squat thrusts. In a plank position, start with a push-up and then perform the thrust-to-squat motion.



## POP SQUAT

Begin in a squat position with feet shoulder-width apart, hands together in front of your chest. Explosively extend your legs, jumping upward and pushing your hands down and behind you to help gain momentum. Land lightly on the balls of your feet, immediately sink into another squat, and repeat.



**Tip:** Add extra weight by holding onto a medicine ball in front of your body, or for added difficulty, hold the ball above your head.



**Tip:** Keep your core braced in order to maintain a lifted chest



## ONE-ARMED DUMBBELL ROW

Stand with your legs staggered and hold a dumbbell on the same side as your rear leg. Hinge forward slightly and place the hand of your non-working arm on your front thigh for support. Keeping your chest lifted, pull the dumbbell up along your side, leading with your elbow. Hold for one count at the top, then lower to return to the start.

## DUMBBELL STEP-UP

Hold a dumbbell in each hand and stand facing a box or step about a foot to a foot-and-a-half tall. Place one foot flat on the surface and stand, extending your non-working leg behind you as you rise onto the platform. Reverse the motion, return to the start, and repeat, alternating your leading leg with each rep.



**Tip:** Squeeze the glutes of your non-stepping leg as you raise it behind you

### Exercise

### Reps

### Rest

Rear-Delt Flye	15-20	1-2 minutes
Thrust Plank	15-20	1-2 minutes
Pop Squat	15-20	1-2 minutes
One-Armed Dumbbell Row	15-20 (each side)	1-2 minutes
Dumbbell Step-Up	15-20 (each side)	1-2 minutes
Medicine Ball Side Lunge	15-20 (each side)	1-2 minutes
One-Armed Dumbbell Swing	15-20 (each side)	1-2 minutes

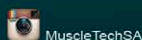
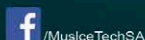


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## SCIENCE SAYS

Three more reasons you want to hit up the benefits of HIIT.

### Double your fitness:

A 2006 study from McMaster University determined that after eight weeks of training, participants could exercise for twice as long while maintaining the same pace.

### Stoke your metabolism:

Research from the UK found that during the 24-hour period following your HIIT workout, your production of HGH (human growth hormone) can be stimulated and increased by as much as 450 per cent. What does that mean for you? Increased calorie burn!

### Reduce your risk of Type II Diabetes:

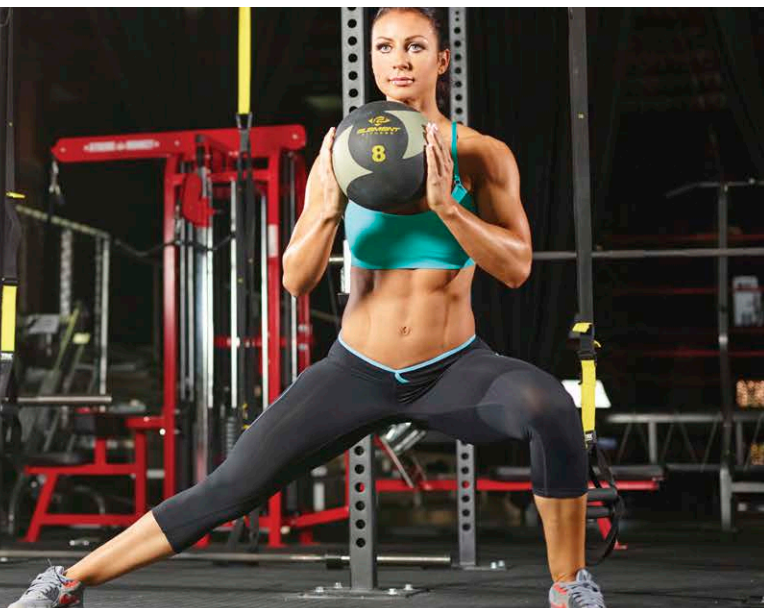
Additional research from Canada's own McMaster University and published in the *Journal of Applied Physiology* determined that six HIIT sessions over a two-week period improved metabolic performance and glucose control among participants. Additional research from the University of Birmingham determined similar results.



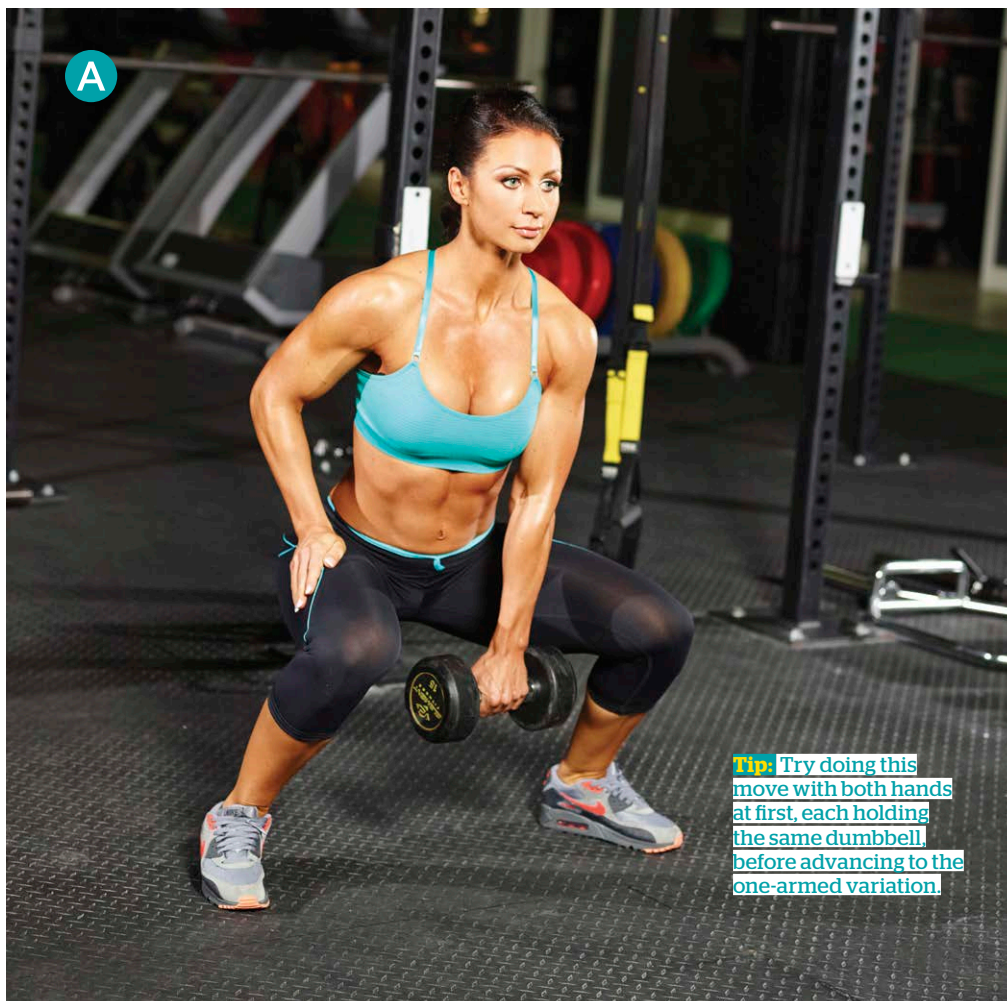
## MEDICINE BALL SIDE LUNGE

Grasp a medicine ball with both hands in front of your chest, keeping your feet under your hips. Take a big step out to the side with one foot, bending your knee and keeping it behind your toes as you land. Push off through the sole of your foot and return to the start. Complete all reps on one side before switching to the other.

**Tip:** Twist through the waist to the side of your bent leg to incorporate your obliques into each rep.



A



**Tip:** Try doing this move with both hands at first, each holding the same dumbbell before advancing to the one-armed variation.

B



## ONE-ARMED DUMBBELL SWING

Space your feet wide and hold a dumbbell in one hand with an overhand grip. Bend your legs and drop your glutes to come down into a squat. Quickly thrust your hips forward, extend your legs, and come into a standing position; the momentum of the motion should be enough to raise the weight above your head. Allow the weight to swing back down naturally and go right into your next rep. Finish your set, then repeat on your other side. **TFM**



# RAISE THE BAR ON RECOVERY



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**NEW AMINOS**

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# A MATTER OF TIME

**Confused about what supplements to take and when? Let us be your guide.**

BY THE EDITORS

No matter what your goals, everyone wants and appreciates a little push in the right direction. And while supplementing sometimes gets a bad rap, the right choices can help you get to your fitness finish line faster, or at least with more resolve. But which types to select isn't the only thing you need to consider.

Have you ever thought about when you should take these nutritional extras? We're here to help.

"Supplement timing" is the practice of aligning your supplement intake with

specific times of the day to optimize their effectiveness — which, considering the cost of said items, should certainly be addressed. If you're serious about achieving your fitness goals, you're likely already taking

quite a few to assist your workouts — and this can be tricky to juggle. Allow us to solve this predicament concerning your precious supplements, and reap all the benefits you deserve (and have paid for!).



# Morning

Let's define "morning" as the timeframe that begins when you wake up and ends just prior to lunch. During this time, you'd be well advised to get one meal in — we common folk call this "breakfast" — and then perhaps a mid-morning snack. This

time of day is important for taking supplements, as it launches your energy levels and gets you on track to meeting your daily macro requirements. If you blow off breakfast or skip a morning snacking opportunity, you'll be playing catch-up for

the rest of the day with compromised energy levels. The best supplements to take at this time are protein convenience supplements and fat-loss support products.

## ➤ Protein convenience (RTDs and bars)

It's a no-brainer that protein is key in sculpting your figure. After all, it comes from the Greek word "protos" which means "of prime importance." For many of us, getting that first morning protein feeding from whole foods alone can be pretty

tough, especially since we have such little time to work with. This is why a protein convenience product like a ready-to-drink (RTD) shake or bar can serve as an important part of your game plan in the early a.m. hours. Pair an RTD or a low-carb pro-

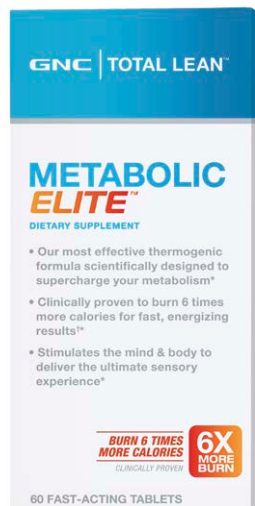
tein bar with a serving of microwavable oatmeal topped with blueberries, and you have a quick, convenient, and delicious way to ensure you get off on the right foot when meeting your nutritional requirements for the day!



Scheduling takes time, but it'll become an easy habit you can stick to.

## ➤ Fat-loss support

Depending on your individual goals, you may opt to take a fat-loss support supplement. These supplements often contain highly bio-available forms of caffeine, along with other key ingredients that work collectively to help increase energy levels, metabolism, and calorie expenditure, while also helping to keep your appetite in check. Often, the directions associated with fat-loss support products (which you should always follow) dictate anywhere from one to three servings a day. That being the case, that first dose usually piggybacks its way onto your breakfast.



## All Day, Every Day

Though technically not a supplement, it's easy to overlook one of the most important health enhancers out there: water. Instead of aiming for a specific number of glasses per day, use the old pee trick: if it's clear or light coloured, you're getting enough in. Keep a bottle, like GP8's oxygen-enhanced water, on your desk and in your car to ensure you are always within hydration's reach.



# Afternoon

The afternoon includes both lunch and a mid-afternoon snack, which then leads to — but doesn't include — dinner. Assuming you're going to have a late-afternoon training session, this timeframe will be used for taking those critical pre- and post-workout supplements.

The afternoon is a crucial timeframe for two important reasons: (1) it leads into our late-afternoon training session, and (2) any failures to ensure proper food and supplement intake during this window can seriously compromise your workout and leave you famished at dinner, which unfortunately encourages improper food choices (hey, we've all been there!). The supplements that are the most practical to take during this time are multivitamins and calcium, along with amino acids and whey protein powder.

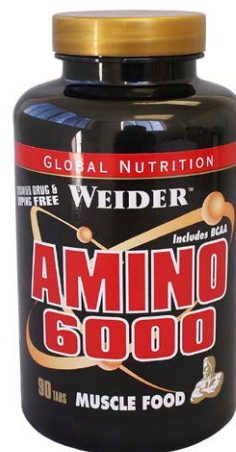
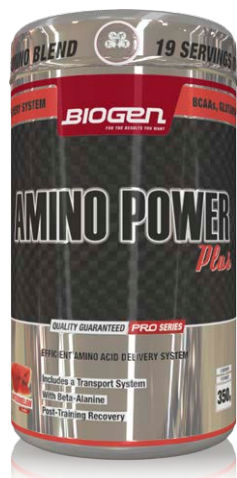
## Multivitamins

Vitamins and minerals act as catalysts in the body for countless important functions. Women who exercise and train intensely have greater vitamin and mineral demands than women who don't work out. Much like protein, meeting all of your vitamin and mineral requirements through food alone can be tough. That's why a multivitamin supplement is a great insurance policy to make sure you're not in a deficiency situation when it comes to any vitamins or minerals. A great time to pop your multivitamin supplement is just after lunch, taken with a large glass of water.



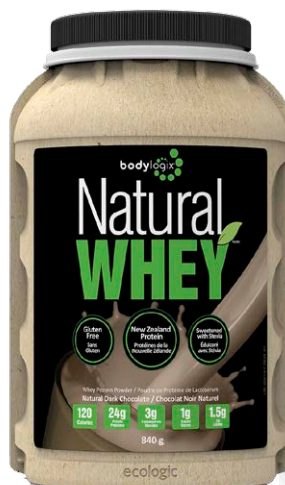
## Amino acids

If you're like many, the end of the workday is met by the beginning of your workout, which often happens in the late afternoon or early evening. Before you head off to the gym, try to get a serving of amino acids in your system. Amino acids have been studied at length in scientific circles concerning their ability to support increased recovery and better performance in the gym. Taking a serving of amino acids about a half-hour before exercise is a strategy many competitive Physique, Figure, and Bikini athletes use to get the most from their workout. Ideally, look for an amino-acid product that contains research-supported doses of the branched-chain amino acids (leucine, isoleucine, and valine), along with other key amino acids like citrulline.

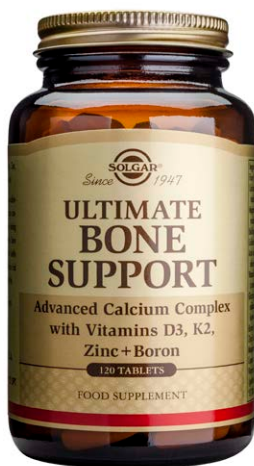


## Whey protein powder

Ideally, you'd like to get your post-workout feeding in as soon as your workout is over. Since that's the case, a liquid meal is a heck of a lot more convenient than a whole-food meal and also tends to digest much quicker, which makes a high-quality protein shake the perfect choice. Whey protein has been the gold-standard protein source for years now — and for good reason. Thanks to its high biological value (BV), superior amino-acid profile, and quick digestibility factor, whey is the ingredient to cap off your workout. Simply pre-fill a shaker cup with a serving of your favourite whey protein powder and once your workout is over, fill with water, mix, and enjoy! Aim to get a balanced whole meal in about an hour or so after your shake, which is typically right in line with dinner.







## ➤ Calcium

Calcium is an important mineral for everything ranging from bone health to muscle contractions. The recommendation with respect to daily calcium consumption for adult women 19 to 50 years of age is 1,000 mg a day. A calcium supplement can go a long way to help meet that recommendation — even more so if you have food sensitivities to dairy. If you do opt for a calcium supplement, be consistent with it and take it at the same time every day — and, since you are already taking your multi at this time, it's a great way to remember both.

Always read the labels: certain supplements pair best with food for proper absorption.



## Evening

Evening starts with dinner and ends with you going to bed — plus an optional mid-evening snack in between. If you've been playing your carbohydrate cards right during the day (and by “right” we mean tapering off slowly

with the bulk of your carbs consumed prior to dinner), then you can make up that caloric void from carbs with some healthy fats and a source of slow-releasing protein.

## ➤ Omega-3 fatty acids

If you, like many, are not a big fish eater, then you may want to strongly consider taking an omega-3 supplement with dinner. These healthy fats can have heart-protective effects and can lower triglyceride levels while also working to reduce inflammation, stiffness, and joint pain. If that's not enough, a high intake of omega 3s has also been associated with improved insulin sensitivity, which is a huge bonus for fat loss and overall health.



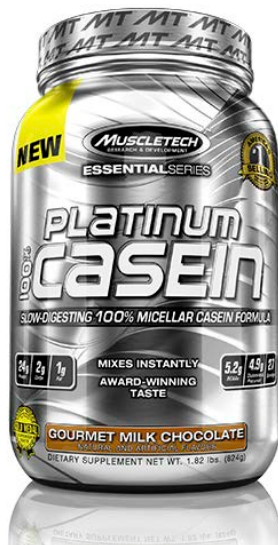
## ➤ Casein protein powder

As a final mid-evening snack (optional depending on your macro profile) many physique enthusiasts opt for something high in protein while relatively low in carbs, fats, and overall calories, given the proximity to bedtime. As a complete source of protein, casein fits the bill. A type of milk protein, casein is found in dairy products like cottage cheese, yogurt, and, of course, milk. While you could go with a serving of full- or low-fat cottage cheese, a serving of fat-free plain Greek yogurt, or a glass of skim milk, you could also mix up a delicious casein protein shake and call it a night.

## Bonus Boosters



In addition to this list, there are several other supplements on the market that could easily fit into your daily routine, like green tea, vitamin D, and even creatine. Just be sure to follow the instructions on supplement labels, and, of course, consult your doctor prior to starting any new exercise or supplement regimen. **IFM**






*Chemicals,  
toxins, and  
health risks:  
there's more  
to your  
favourite  
range of  
cosmetics  
than meets  
the eye*

BY ANNA REDMAN

# BEYOND





**R**andomly open any woman's purse and you're likely to find some combination of lip glosses, foundations, mascaras, and eye shadows piled at the bottom in various stages of use. As females, most of us use these products once, twice, or even three times daily, and we don't even give this constant reapplication a second thought — but maybe we should.

It turns out that many of these colourful cosmetics, blemish banishers, and primping perfecters are packed with dangerous chemicals and preservatives, meaning something as simple as a mascara touch-up could be harming your health. Here's what you need to know about the seedy underbelly of the beauty world.

### What Science Says

In 2012, the Silent Spring Institute, a Massachusetts-based, public-interest driven research facility, put this previously ignored chemical conundrum on the map. From cupboards of household cleaning products to our bulging beauty bags, the researchers looked at the harmful ingredients hiding in many of our daily use products. "The findings show that consumers who use a typical array of products are exposed to many chemicals with potential health effects," says study author Julia Brody, PhD, executive director of Silent Spring Institute. "This study adds to the evidence that safety testing for consumer product chemicals is inadequate and needs to be modernized, and that consumers need better information about exactly what is in the products they use every day." While that list of ingredients goes on and on (see the Canadian government's Cosmetic Ingredient Hotlist at [hc-sc.gc.ca](http://hc-sc.gc.ca) for more details) one of the most common be-wary items is parabens.

### The Problem With Parabens

"Parabens are the most common type of preservatives found in beauty products, and have been since the 1930s," shares Helen

Vong, certified skin care specialist and editor of skincare blog The Skiny.com. "They inhibit microbial growth, which extends the shelf life and prevents mould build-up." Sounds great, right? Prior to 2004, we might have agreed, but following a controversial paper published in the *Journal of Applied Toxicology*, we're more than a little concerned. "This article suggested that elevated concentrations of parabens were found in breast cancer tumour samples and the lead researcher speculated there was a link between the parabens in underarm deodorants, body-care cosmetics, and breast cancer," Vong explains. "This correlation caused widespread fear, even though there was no follow-up study to show causation." To meet consumer demand for less "toxic" products, cosmetic companies did adjust their formulas, and Health Canada media relations officer, André Gagnon, assures that "Health Canada will continue to monitor and review

some of the more promising breast-cancer fighters on the market.

Previous scientific studies have also identified methyl paraben as one of the more common types of parabens found in cosmetics. The Silent Spring Institute's study reiterated these results, revealing "methyl paraben was detected most frequently and at the highest concentrations." After running tests on both conventional products (where parabens were listed as an ingredient) and alternative products (where parabens were not listed as an ingredient), these researchers discovered that parabens were still shockingly common, even when they weren't listed on the label. These findings suggest that Health Canada's watch list can only go so far.

### Passing On Polyethylene

The harm that hides in your favourite skin-care and beauty products isn't always a personal problem — sometimes the bad news is

“Testing for consumer product chemicals is inadequate and needs to be modernized.”

any new scientific data on parabens.”

That being said, a 2006 American study examined 100 demographically diverse adults and reported the presence of parabens in approximately 96 per cent of participant urine samples. Results from a Korean study four years earlier found that such parabens negatively impacted reproductive tract development in rats, with concern (though no concrete scientific evidence) that they could have similar results in humans.

Additional animal studies have also discovered that parabens weakly mimic estrogen. Currently, there is minimal evidence suggesting a causal link between parabens and breast cancer, although a 2011 study published in the *Oxford University Press Journal* did reveal that those problematic parabens may reduce the effectiveness of

for an unsuspecting third party. "Polyethylene or polypropylene are small plastic beads found in facial and body scrubs," Vong notes. "While they are extremely effective, because they don't cause micro tears in the skin, they are also detrimental to the environment because they are too small for treatment plants to filter out." She notes that these tiny beads end up in the ocean where fish can mistake them for food, causing them to choke and, ultimately, perish.

A 2011 study published in the journal of *Environmental Technology* lends further support to this issue of environmental risk when it determined 10 "Chemicals of Emerging Concern" and found cosmetics to hold particularly high levels. Titanium dioxide and zinc oxide were the two most dominant con-

# BEAUTY





## PLAY IT SAFE

Rely on these organic choices for all of your beauty needs.

- 1) Lacc Nail Polish
- 2) Arbonne It's A Long Story Mascara
- 3) Derma e Firming DMAE Moisturizer
- 4) Lip Love Lipstick from After Glow Cosmetics
- 5) Burt's Bees lip gloss
- 6) Rainforest Shine Shampoo from The Body Shop
- 7) Jenulence Mineral Makeup Foundation
- 8) Eye shadow (lid stain) from Primal Life Organics

- 9) Sea Buckthorn Balancing Facial Cleanser from Sibub Beauty



taminants, with the highest potential to cause environmental harm. European researchers found that when nanoparticles from each of these contaminants are washed from the human body, they continue to exist in the environment, and more specifically in the water. Some studies suggest that they have the potential to damage natural resources and animal DNA.

### Going Gluten-Free

To add even more confusion to the mix, those with severe allergies need to be extra cautious about the makeup they mingle with. "Since 2006, the Cosmetic Regulations require that all manufacturers or importers disclose all ingredients on the product label," reveals Gagnon. "This requirement allows consumers to check for possible ingredients to which they may be sensitive or choose to avoid."

With the rise in celiac disease awareness and related intolerances, one of the more common problem ingredients is gluten. "This protein, found in wheat, rye, and barley flour, can appear in many common cosmetic products such as lip gloss, sunscreens, moisturizers, and shampoo," Vong remarks.

If you have any type of allergy, not just a gluten one, you should be scanning all labels carefully before your next cosmetics buy. "Allergies are very complex in nature," Gagnon also notes. "As such, consumers with food allergies or sensitivities may need to avoid cosmetic products that contain specific ingredients that could cause an allergic reaction."

Sometimes any kind of contact with an irritant can be enough to set your body off. "Some individuals react to topical gluten; therefore gluten-free on the skin is a must," continues Farima Hakkak, founder and creative director for Lacc Nail Polish. The Vancouver-based company pays particular attention to what goes into its colours, ensuring that they contain no animal products and are not involved in any animal testing. "I

wanted to create a nail lacquer collection of the highest-quality, that was also non-toxic, cruelty-free, vegan and at a price point that everyone could afford," Hakkak explains. "Many non-vegan nail lacquers can contain ingredients like fish scales, animal fats, and crushed insects. Pearl essence, for example, gives pearlescent nail lacquers their shimmer, but is often made from fish scales." Hakkak, however, has found that this sea-scale shimmer can be easily replicated, without harming fish or other animals. "Examples of vegan alternatives to pearl essence are the naturally occurring mineral, mica, or the artificial substance synthetic, pearl. Particles of metals such as bronze or aluminum can also have the appropriate glitter quality," she notes.

### The Future Of Makeup

Lacc, along with many other companies, is on a mission to find and use safe ingredients in the creation of their products. As for those manufacturers who aren't quite so diligent with their ingredient lists, "Health Canada is continually monitoring Canadian and international scientific studies and research on the risks posed by chemicals used in cosmetics," Gagnon assures. If you're still feeling a little hesitant about what's going into your favourite glosses and goos, Robin

“Many non-vegan nail lacquers can contain ingredients like fish scales, animal fats, and crushed insects.”

Dodson, Sc.D., a research scientist at the Silent Spring Institute recommends "keeping it simple and using less." When it comes to cosmetics, it turns out the minimalist look might just be your answer to a healthy glow, and a healthful you. **IFM**

## TOXIC TERMS

Do a label check for these villains-in-disguise when you make your next makeup purchase.

**Phthalates:** It has been suggested that this group of chemicals can cause early puberty in girls and an increased risk of breast cancer. "Certain phthalates [such as DEHP (di-(2-ethylhexyl) phthalate)] have shown reproductive effects in animal studies; however, this link in humans remains unclear," Gagnon clarifies.

**BEWARE OF:** Nail polishes and perfumes.

**Triclosan:** Used to reduce the growth of mould and bacteria, this pesticide can interrupt your body's hormone system, breast development, and metabolism function.

**BEWARE OF:** Antibacterial soaps, deodorants, and toothpastes.

**1,4-dioxane:** The International Agency for Research on Cancer (IARC) has ranked this petroleum-derived contaminant as a possible carcinogen.

**BEWARE OF:** Body washes, shampoos, and children's bath products.

**Parabens:** "These compounds are used as preservatives in many cosmetics. They have been found to weakly mimic estrogens in animal studies," reveals Gagnon.

**BEWARE OF:** Creams, lotions, and other cosmetics.

**Ethylene Oxide:** In addition to being a popular cosmetic ingredient, this chemical is also used to sterilize surgical tools, and can often leave trace amounts behind in your system.

**BEWARE OF:** Shampoos and body washes.

**1,3-butadiene:** Inhaling this toxic chemical has been found to cause tumours in rats. "Canada's Cosmetic Ingredient Hotlist prohibits the intentional use of 1,3-butadiene in a cosmetic," Gagnon notes.

**BEWARE OF:** Shaving creams, foundations, and spray-on sunscreens.

**Polycyclic Aromatic Hydrocarbons (PAHs):** Naturally occurring in oil, coal, and gasoline, research has found that some cosmetics are made with coal tar, which contains PAHs that have been linked to an increase in breast cancer risk.

**BEWARE OF:** Mascaras.

**Lead:** Found in a wide variety of cosmetics, lead has been linked to fertility problems and learning difficulties.

**BEWARE OF:** Foundation, lipsticks, and teeth-whitening toothpaste.



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# CLIMB THE ***Fitness*** LADDER

**GET A LEG UP ON ACHIEVING YOUR GOALS  
WITH A NEW ATHLETIC TOOL**

BY KASIA SITARZ  
PHOTOS OF KASIA SITARZ BY ARSENIK STUDIOS INC.

Does the drive of music make your feet ache to dance, but you have the coordination and accuracy of a newborn puppy? We've got a solution that satisfies your footwork cravings without the need to take up tap.

Like a pumped-up club on a Saturday night, this routine will help you to unleash your inner dancer — or at least improve your overall range of motion and help solidify new, sporty movement patterns. Using an agility ladder puts the focus on short bursts of repetitive, explosive movements, making this style of workout a fun way to get your cardio fix, while also improving your overall athleticism. Boost your strength, ramp up your endurance, and give yourself a confi-

dence makeover when you add this ever-versatile, all-powerful fitness tool to your routine.

When you think you're ready to tackle this program head-on, begin with the first three exercises and add the remaining two into the mix over the course of your next few workouts. Do each for 60 seconds, resting for 60 seconds before you move on to the next move. If you can, repeat once or twice from the top. Expect to see total-body changes in four to six weeks.





**WE DARE YOU:**  
Create a circuit,  
alternating strength  
moves with these drills,  
for even bigger  
calorie-scorching  
results.





**TIP:**

Push off and land on the balls of your feet, not your toes.

**IN AND OUT**

{ TARGETS: CALVES, HAMSTRINGS, GLUTES, CARDIOVASCULAR SYSTEM }

Stand at the end of the ladder, and start in the first square with your feet close together, knees slightly bent, and your hands together in front of you. Jump your feet outward, on either side of the ladder, before bringing both feet back together again, but landing in the next square. Continue for the whole length of the ladder, then turn around and repeat.

**TWO-FOOTED SIDE HUSTLE**

{ TARGETS: CALVES, CARDIOVASCULAR SYSTEM }

Begin with your feet close together and knees slightly bent at one end of the agility ladder with the end of the ladder on your left side. Jump from side to side, moving in and out of each square. Be sure to stay on the balls of your feet, and repeat the exercise until you reach the end of the ladder. When complete, move back along it in the opposite direction.

**TIP:**

Be sure to complete a knee-up on each leg inside the square before moving to the next.

**KNEE-UP**

{ TARGETS: QUADS, CALVES, GLUTES, CARDIOVASCULAR SYSTEM }

Stand with your feet hip-width apart, facing the ladder at one end. Keep your hands in front of your body, just above hip height, with your palms facing the ground. Rapidly drive your right knee as high as possible. Switch to the other side and repeat with your left knee, stepping through each square of the ladder as you move. Turn around at the end and repeat, moving down the length of the ladder.

**TIP:**

Pump your arms at your sides to bring the upper body into the exercise as well.

## PAINT YOURSELF AGILE ➡ USE THIS ADULT VERSION OF ARTS AND CRAFTS TO UP YOUR FITNESS GAME.

Don't worry about the cost of investing in yet another exercise tool — all you need is some duct tape, paint stirring sticks, and 10 minutes of free time.

**STEP ONE:** Cut two strips of duct tape, each 15 feet in length, and space them on the ground 20-inches apart, sticky side up. Cut four smaller pieces of tape and use them to firmly stick each end of the duct tape strips down.

**STEP TWO:** Gather 11 20-inch paint stirring sticks from your local hardware store and space them between your strips of duct tape, 18 inches apart.

**STEP THREE:** Fold the edges of the tape over each end of the stirring sticks so that the tape's sticky side is completely covered and the sticks are held in place. Your ladder is ready to use!

**ADDED BONUS:** This ladder doesn't need to be disassembled — it can be neatly folded and easily stored for your next workout.

**NOTE:** If this do-it-yourself approach isn't really your thing, ladders can also be purchased from the Treadmill Factory for about \$30. ([www.treadmillfactory.com](http://www.treadmillfactory.com))



## MOVING PUSH-UP

{ TARGETS: ARMS, CHEST }

Begin in a push-up position, with hands between the first two rungs under your shoulders, and your body perpendicular to the ladder. Keep your body squared to the ground and your feet shoulder-width apart. Engage your core, tuck in your pelvis, and keep your lower back flat. Start your push-up by bringing your chest as close to the ground as possible, while still maintaining a strong, flat back. Extend your arms to return yourself to your starting position. Move your hands over into the next two rungs of the ladder and repeat the push-up for the ladder's entire length.



A

### TIP:

Avoid letting your stomach sag or raising your butt too high in the air.

B



### TIP:

Try doing this exercise both backward and forward, instead of moving from side to side.

## SKATER

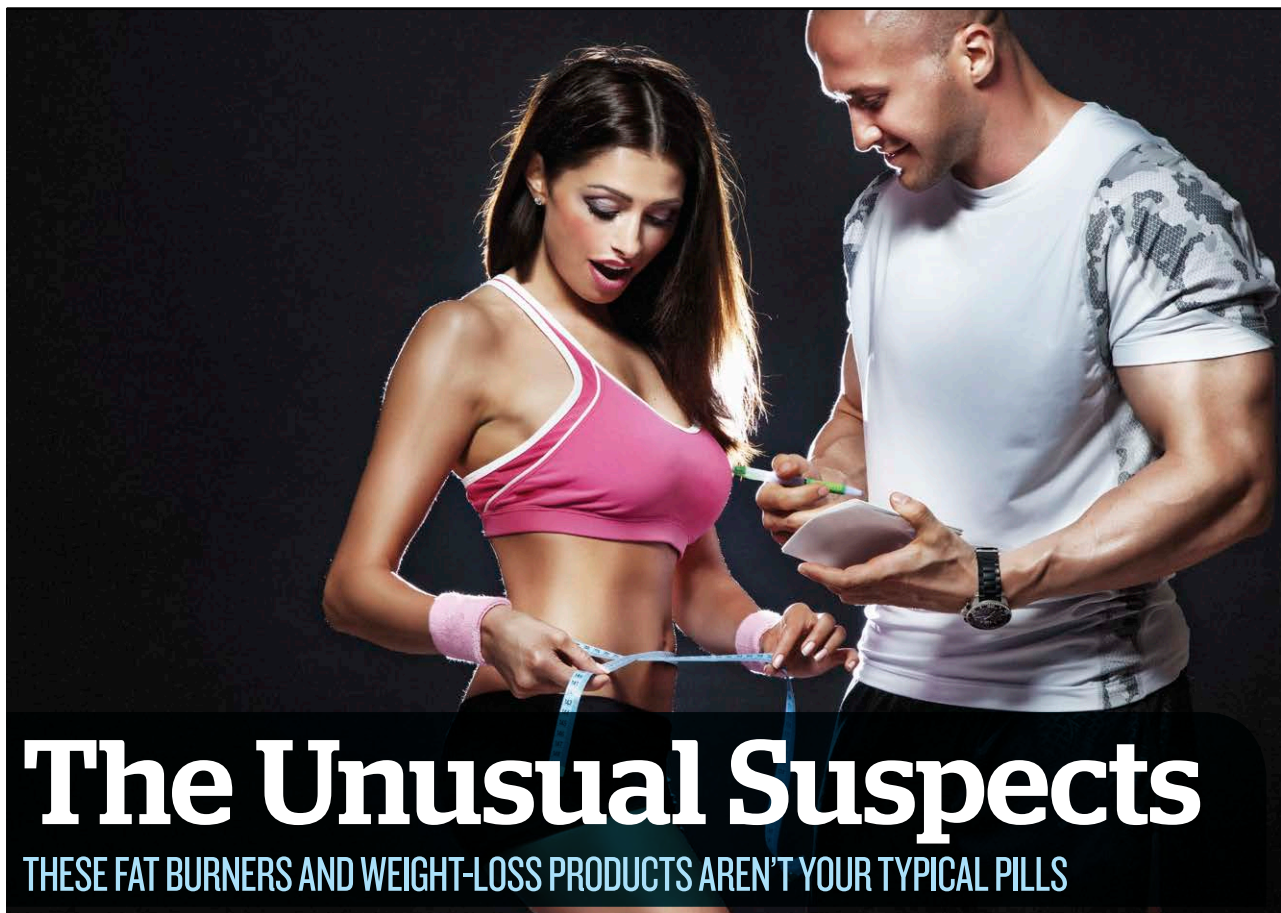
{ TARGETS: HAMSTRINGS, GLUTES, CARDIOVASCULAR SYSTEM }

Stand outside of the ladder with your feet hip-width apart and arms by your sides. Jump laterally to the right, landing on the ball of your right foot and bending your left leg behind you as though skating. Repeat this movement, switching from side to side, and aiming to improve your distance and speed with each repetition. Arms should swing in front of your body in the direction you are stepping and strides should be as wide as possible, with a focus on working your outer glutes. **17M**



# SUPPLEMENTS 101

INSIDE SUPPS



## The Unusual Suspects

THESE FAT BURNERS AND WEIGHT-LOSS PRODUCTS AREN'T YOUR TYPICAL PILLS

When you think about fat burners, the first thing you probably think about is stimulants and thermogenics, those fat burners that increase your heart rate, cause the jitters, and probably prevent you from getting a good night's sleep if taken too close to your bedtime. Stimulant-based and thermogenic fat-burning supplements work directly on the central nervous system, spiking norepinephrine levels and shutting off the enzymes that break them down and reduce their effectiveness. The result is an increased and prolonged effect of norepinephrine, also known as adrenaline. Adrenaline is not only a key hormone involved in fat burning, it is also involved in "flight or fight," and although its effects are incredibly useful for fat burning, energy, and focus, the side effects are not always desired by everyone. Enter the non-stimulant, or "unusual" and not so commonly used fat burners. These are a class of weight-loss enhancers that don't come with the stimulating side effects, but are nonetheless

just as effective when combined with a calorie-reduced diet plan.

### FIBRES

Fibres, or bulking agents, work by swelling in the gut and slowing down digestion. This slowed digestion reduces appetite and can result in eating less when taken between meals. Since a fairly large dose is required to induce its appetite-suppressing effect, they are often sold on their own or in combination with only a few other ingredients. Fibres can also be found added to many common diet foods or drink products to reduce blood glucose peaks, and to lessen appetite and subsequent hunger.

### Glucomannan

Glucomannan, or konjac root, is an Asian indigenous plant that can pass relatively unchanged through the digestive system, but it does swell as it passes, gathering water. This extremely soluble fibre decreases appetite and food intake as it moves. It has also been shown in many studies to be effective for not

only aiding in appetite suppression, but also decreasing blood glucose levels and increasing weight loss. In seven different trial studies of glucomannan, doses ranging from two to four grams per day significantly lowered body weight (between 3.1 and 5.5 pounds of weight loss).

### Caralluma Fimbriata

An Australian pilot study showed that subjects who consumed one gram of a caralluma fimbriata extract for 12 weeks experienced significant losses in waist circumference (5.7 cm versus 2.8 cm loss in the placebo group); a 20-per cent loss of appetite; and a reduction in body weight, waist-to-hip ratio, and cholesterol levels. The active components of caralluma are glycosides and flavones, although the exact mechanism is still unknown.

### Prickly Pear

Prickly pear can be found growing in the deserts of Mexico, the United States, and on the hillsides

of Southern France. Prickly pear contains minerals, antioxidants including beta-carotene, vitamin C, flavonoids, and is loaded with fibre. In one double-blind, randomized study, women were given either two grams of prickly pear or a placebo for 30 days. At the end of the study, women who received the real stuff showed significant weight loss when compared with the placebo group. Prickly pear has also been shown effective for reducing total cholesterol and bad cholesterol, blood glucose, and insulin.

### PROTEIN AND AMINO ACIDS

It's common knowledge that high-protein diets hands down result in a leaner body composition, especially when compared to high-carb diets of the same caloric value. When you increase protein in your diet, you feed your muscles, not your fat! Getting enough protein is the first key in helping your fat-loss efforts. Although you might think it is entirely protein



that is the key to success, it's also the consumption of certain amino acids that can help stimulate specific pathways related to fat loss.

### Protein Powder

Protein powders provide a convenient option when it comes to meeting your daily protein requirements. If you want to build and maintain muscle while recovering fully, then you need to take in about one gram of protein per pound of body weight. When a diet is protein-rich, it preserves lean muscle tissue and helps the body recover and build muscle. In addition, high-protein diets also increase satiety to a greater extent than carbohydrates or fats, and may also reduce food consumption in subsequent meals. High-protein diets are also associated with increased thermogenesis, which can also influence satiety and increase energy expenditure. In fact, it takes more energy to burn off protein than it does other food of the same caloric value. Keeping your protein intake high can be as easy as using a high-quality protein powder formulated with whey protein. Use one to two scoops per serving, one to two times per day to help meet your protein intake.

### L-Carnitine

Although you might not think an amino acid would be good for fat burning, L-carnitine works by helping to switch the body to using fat as fuel faster, particularly during exercise. This non-essential amino acid plays an important role in the transport and release of stored fat, or fatty acids, into the powerhouse of the cell, known as the mitochondria,

across its membrane where it can be oxidized to acetyl CoA. This compound feeds directly into the citric acid cycle, also known as the Krebs Cycle, which is the primary pathway that generates ATP or energy for the body. This action results in more energy to train, more fat to burn, and also helps to preserve lean tissue. The result is that muscle tissue is preserved while more fat is burned off. Supplement with one to two grams of L-carnitine prior to your workouts to help aid in fat burning.

### Tyrosine

This non-essential amino acid can actually help work on a few fat-burning mechanisms. Tyrosine is needed in the production of catecholamines and acts as neurotransmitters in the body. In combination with phenylalanine, tyrosine can help increase the production of

certain neurotransmitters including norepinephrine, the key fat-burning hormone. Tyrosine can also help improve focus under stressful conditions. Tyrosine supplementation will help ensure your body's fat-burning hormones remain topped up, while keeping you focused and on-track with your diet. Supplement with 500 mg to 1,000 mg daily.

### APPETITE AND MOOD REGULATORS

Keeping to a diet can sometimes be one of the hardest parts of losing weight. If you decide to go cold turkey on a diet and hardcore on a workout program, your appetite and mood may not be as gung-ho as you are. If you have been eating a high-carb diet and have decided to switch to a low-carb one, you could suffer drops in blood glucose levels and decreases in hormones

that help regulate and control your appetite. These drops can lead to diet derailment if you are not careful. Enter appetite suppressants and mood regulators to help keep you on your fat-loss plan.

### Magnolia Officinalis Bark and Phellodendron Amurense Bark

You might find these two common plants in your garden, but did you know they have both been traditionally used to help reduce stress and anxiety? High levels of each can lead to high levels of cortisol, and when cortisol is high, fat burning is low. Cortisol's action can impede the release of fat-burning hormones such as norepinephrine, but it can also have an effect on insulin and blood glucose utilization. Long-term high levels of cortisol can break down muscle and lead to greater fat storage. Just four weeks



Not just for building muscle.







of supplementation with this combination of standardized ingredients lead to 18-per cent lower cortisol levels, as well as improvement in overall mood state and a reduction in stress-related eating. You can find these ingredients combined together in some fat burners or on their own.

## Garcinia Cambogia Extract

Garcinia cambogia extract has been on the weight-loss market for many years, and has been shown to have a variety of useful mechanisms when it comes to weight loss. The extract provides the active component hydroxycitric acids, which not only stimulates fat burning, but also helps to stimulate the release of 5-hydroxytryptamine, or serotonin. This is the primary neurotransmitter that controls mood, sleep, and appetite. When serotonin is

low, we tend to crave sugary foods. If you are using a low-carbohydrate diet, you may want to consider using garcinia cambogia to help pump-up your serotonin levels and keep you in a happy dieting mode! Use 500 to 1,000 mg daily, 30 minutes prior to meals.

## 5-HTP

As just discussed, serotonin levels can have an effect on your mood, appetite, and your ability to ward off sugary sweets when dieting. 5-HTP, or 5-hydroxytryptophan, is the building block for the neurotransmitter tryptophan. Increasing tryptophan in turn leads to greater increases in serotonin. Supplementing with 5-HTP isolated from griffonia dimplicifolia has been shown in obese subjects to lead to appetite reduction, decreased food intake, particularly carbohydrates, and weight loss.

The clinically researched dose was 750 mg taken once per day. You can find 5-HTP sold as 50 and 100 mg doses and also in other weight-loss products.

## BLOOD GLUCOSE CONTROL AGENTS OR CARB BLOCKERS

Managing blood glucose levels can help reduce hunger, and can also help reduce the amount of glucose that gets stored as fat. When blood glucose is managed, insulin spiking is also reduced. Too many insulin spikes and you could become insulin resistant, which means your body stops responding to blood glucose level increases. Long term this can lead to metabolic issues, more difficulty losing weight, and unnecessary body fat increases. Regulating blood glucose levels via insulin mimickers or carb-blocking agents is an effective way to maintain your fat-burning efficiency!

## Chromium

In the body, low blood chromium levels have been linked to issues with blood sugar metabolism, including glucose intolerance. Chromium is a mineral that plays a significant role in metabolism. It acts like insulin in the body, transporting glucose into cells where they can be used as energy or stored. Chromium also plays a role in the breakdown and storage of fat, carbohydrates, and protein. Supplementing with chromium can help improve energy levels, reduce blood glucose levels, increase HDL (the good cholesterol), and help reduce cravings and appetite. Supplement with 600 mcg to 1,000 mcg per day with meals to help reduce appetite and carbohydrate cravings.

## Gymnema Sylvestre

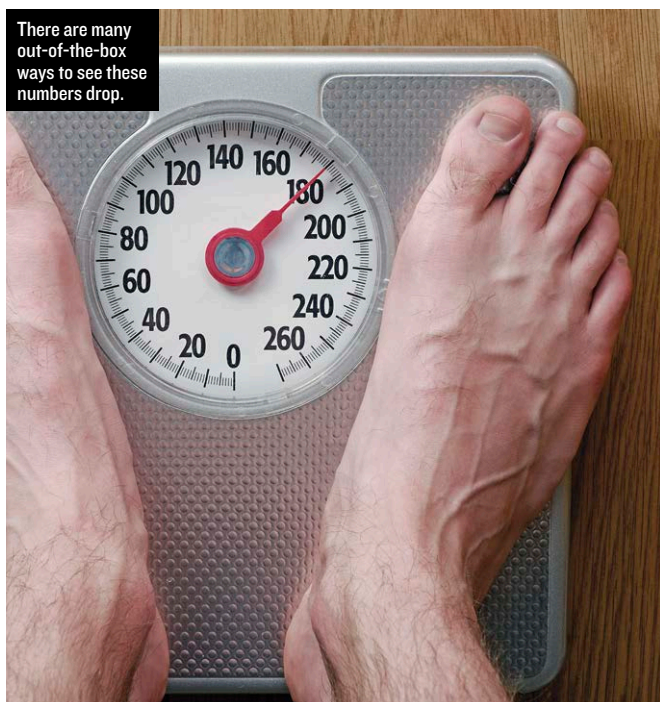
Gymnema sylvestre is a plant found in India and Sri Lanka, and has been shown to have signifi-

cant effects for the long-term treatment and management of blood glucose levels, specifically in diabetic patients. The active component is gymnemic acids, which can delay the absorption of glucose in the blood and reduce glycosylated hemoglobin, an indicator of blood glucose metabolism. Gymnemic acids also work at another level, since their structure is similar to glucose – they can block glucose receptors in the intestine and on the tongue, reducing the sensation of sweet as well as the absorption of glucose. This similar structure has also been suggested to increase secretion of insulin, and therefore works to clear the blood of glucose when present. Supplementing with gymnema extract has been shown to reduce sugar cravings and lower blood glucose levels. You can find gymnema in functional food products such as tea, drinks, and gums, but also in typical fat-loss products.

## White Kidney Bean Extract

Phaseolus vulgaris, or white kidney bean extract, works as an effective alpha-amylase inhibitor. Amylase is the main enzyme that breaks down carbohydrate foods into useable forms of energy. When carbohydrates are not broken down, they pass undigested through the system, reducing the amount of calories that get absorbed. Fewer calories over time can cause weight loss in the long run. This starch blocker can also help reduce large spikes in blood glucose, and therefore reduce insulin response. These types of products, although effective, should be limited, as carbs still provide us with valuable sources of nutrients and energy. If you decide to give this supplement a try, clinically tested doses range from 500 mg to three grams, and can be found in carb blockers or sold on their own. **IFM**

There are many out-of-the-box ways to see these numbers drop.





# INSIDE TRANSFORMATIONS

REAL SUCCESS STORIES TO HELP MOTIVATE YOU

BY BOBBY BOX

## Real People, Real Results

They say every journey starts with a single step, and these dedicated *IFM* readers are prime examples of this idiom in action. We're willing to bet you'll see yourself reflected in their goals, struggles, and — ultimately — their triumphs.

**ATTENTION:** Do you have an incredible transformation story? Want to share your story with us, and get a chance to be published?

If so, please send your photos and story to [marketing@insidefitness.co.za](mailto:marketing@insidefitness.co.za)

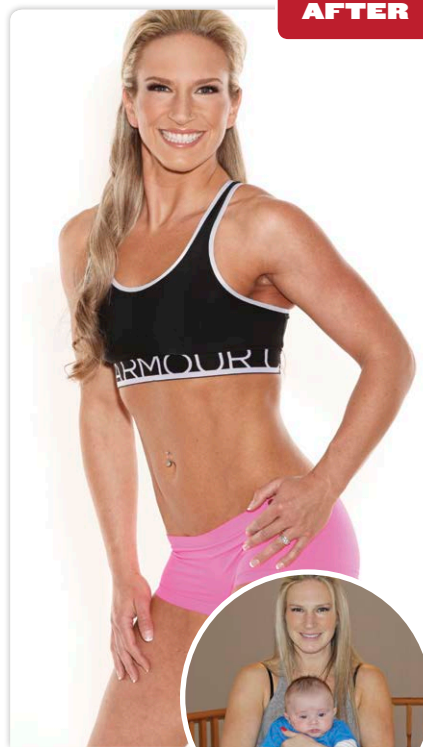
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AFTER

BEFORE

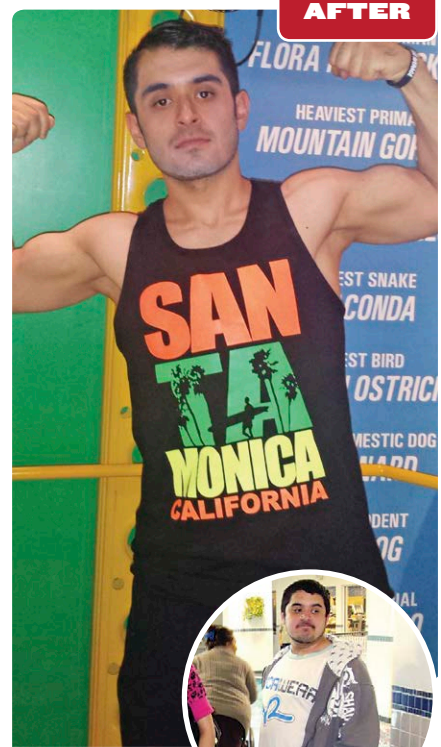
### MARTINI BRAKE

**City/Hometown:** Whitby, ON  
**Occupation:** Criminal court clerk  
**Weight Lost:** 21 pounds  
**Cheat Food:** Gummy cola bottles  
**Photo Credit:** Dave Laus

Martini loves a challenge. Whether she's jumping out of a plane, learning to play guitar, or spicing things up for her hubby with some sultry pole-dancing lessons, there is never a goal this mother of two won't see through.

After a prolonged attempt to squeeze back into her pre-pregnancy jeans following baby number one, Martini decided things were going to be a lot different the second time around. That's why when baby number two came she immediately set a lofty goal: to get in the best shape of her life in just three months, and by month four compete in her first-ever OPA competition.

"The hardest thing about it all was finding the time," Martini admits. "Thank goodness I have the support of a loving and understanding husband who was there to back me up all the way." As a result of all the hard work, Martini met her goals, competed, and has never been happier. Those pre-pregnancy jeans still don't fit, she confesses, but that's only because now they're way too loose.



AFTER

BEFORE

### BRIAN HERRERA

**City/Hometown:** Toronto, ON  
**Occupation:** Personal trainer  
**Weight Lost:** 160 pounds  
**Clean Food:** Pizza  
**Photo Credit:** Amy Yong

A former "video game junkie" and timid teen, Brian pledged allegiance to the golden arches and chose to stay in on weekends, plugged into the gaming world. As a result of these too-convenient lifestyle choices, Brian's confidence was at an all-time low — but that was all about to change. "Once I started reading articles in fitness magazines, seeing how athletes trained and how they ate, I thought it was time for a change," he recalls at 310 pounds.

Brian worked slowly but surely, eliminating value meals from his primarily fast-food diet and replacing the empty calories with meals inspired by his favourite athletes. A year and a half and 160 pounds later, Brian no longer hides behind a headset and toggle, and is now on his way to becoming a personal trainer, helping others reach their goals like he has. "There's no such thing as impossible," he's learned of his transformation.



# Forever Young

10 easy ways to outsmart aging

BY ANNA REDMAN



## Do Exercise Your Brain

Keep your brain as active as your body. Crosswords, puzzles, and other brain games were found to decrease cognitive decline in a study published in the *Journal of the American Medical Association*.



## Don't

## Do Invest In A Gym Membership

Your fitness routine may improve more than your figure. After observing mice for eight months, with one group doing 45 minutes of exercise three times a week and the other doing none, researchers discovered that the fit rodents remained youthful while their sedentary counterparts were balding, greying, and frail.

## Don't Befriend Smokers

Even if you aren't personally living in the *Mad Men* era, spending too much time with a friend who loves his or her smokes can still harm your health. Research published in *Addiction* discovered that being exposed to second-hand smoke for 25 hours a week can increase memory problems in non-smokers by 20 per cent.



## Don't Forget To Lift

For all those cardio queens out there, here's another reason to carve out some time for strength training. A study in the *American Journal of Clinical Nutrition* found that lifting weights twice a week could drop a woman's overall body fat by 3.7 per cent and also reduce her risk of abdominal fat-induced heart disease. In short, a little lifting could be your key to the fountain of youth.

## Don't Overdo The Booze

Studies show that too much alcohol can disrupt brain activity (as well as hinder your heart, liver, and immune system). Instead, brew yourself a cup of green tea. Japanese researchers discovered that a mug of the warm stuff, four to six times a week, can protect your brain from age-related diseases like dementia.



## Do Stay Sharp

Boston researchers discovered that regular yoga and meditation not only relax your body, but also delay old-age brain thinning. Start your weekly relaxation and reflection now, to save your mind later in life.

## Do Get Catty

Those who get themselves a feline friend are signing up for more than litter boxes and cat treats. Research from the University of Minnesota's Stroke Institute discovered that purring pals can drop your heart attack risk by almost a third — a huge concern in your older years.

## Don't Skimp On Sunblock

Look young without the face-lift by lathering up on SPF. Research published in the *Annals of Internal Medicine* discovered that slapping on the sunscreen at least three days a week can significantly reduce your risk of skin aging.



## Don't Forget To Smile

Looking on the bright side and maintaining a light-hearted attitude could be your secret to a beautiful mind, according to German researchers. This University of Hamburg study, published in *Biological Psychiatry*, found that staying sunny helps to sustain your mental alertness in later years.



## Do Make More Time For Sex

Turn back the clock the fun way by getting busy on a regular basis. Research from the Royal Edinburgh Hospital found that sex, especially in later years, can make you look five to seven years younger, thanks to the release of both endorphins and human growth hormone. **IFM**





# LIVE LIFE TO THE MAX

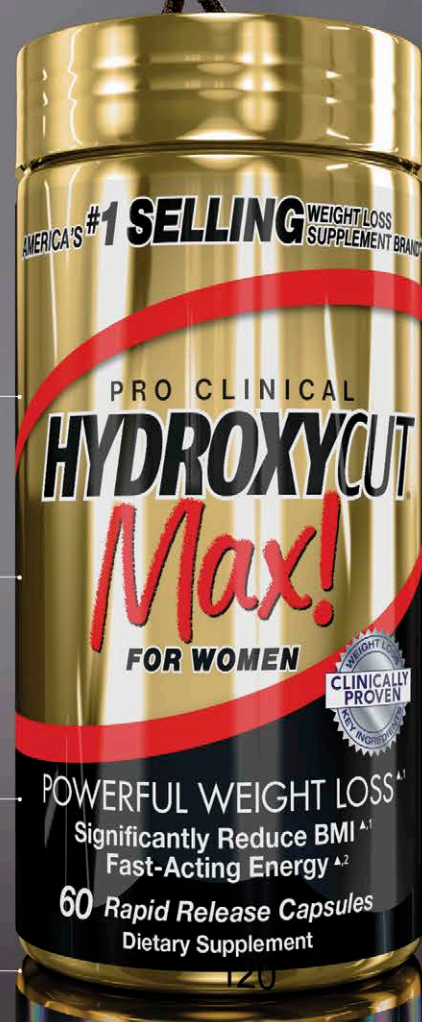
GET **LEAN** GET **FIT** GET **SEXY**  
GET **HYDROXYCUT™ MAX**

Contains the powerful MAX!  
ProDefine Blend which has been  
clinically proven in two double-  
blind, placebo controlled human  
trials to provide powerful  
weight-loss results

Delivers fast-acting energizing  
effects that you can actually feel  
after each and every serving

Potent weight-loss formula  
suspended in a liquid matrix  
and encased in Rapid-Release  
liquid caps.

The same two clinical  
studies also demonstrated  
a dramatic reduction in BMI



**LIVE LIFE TO THE MAX AND GET YOURS TODAY!**



OFFICIAL STOCKISTS





# ONE HEALTHY FAMILY

